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Two Metro reporters brave the wilds of king-size beds, fluffy pillows and Pinot Noir.

EGYPT IN
A STATE OF
EMERGENCYMORE THAN 200 DEAD
AFTER CRACKDOWN

PAGES 10 & 11

Free Child's Admission
to the Edmonton Valley ZooAt Participating
Boston Pizza's

HORSE TO RECKON WITH

Broadway Empire is the favourite of 12 three-year-old thoroughbreds ready to race in Saturday's 84th running of the Canadian Derby at Northlands Park. For more on what is tagged as the must-attend sporting, social and fashion event of the summer, see page 3. HEATHER MCINTYRE/METRO

Cheap locks a
dream for bike
thieves: PoliceGood lock or good
luck. Thefts up by
29 per cent this JulyANNALISE
KLINGBEIL

annalise.klingbeil@metronews.ca

It takes Rowan Rumsey less than 60 seconds to pull a pair of bolt cutters out of a backpack, cut the cable lock securing a bicycle and ride away.

Rumsey, an employee at Hardcore Bikes on Whyte Avenue, demonstrated Wednesday just how easy it is for thieves to steal a bike as part of an awareness campaign hosted by Edmonton Police in the wake of increasing thefts. "People are buying high-quality bicycles, whether it's \$1,000, \$2,000, \$3,000 bikes, and attaching it with a \$5

Rowan Rumsey of Hardcore Bikes
shows how easy it is to steal a
bicycle. ANNALISE KLINGBEIL/METRO

Prevention

Police recommend cyclists take a photo of their bike and record its serial number, typically located at the bottom of the frame.

- Const. Shawn Wruth estimated that only 5 to 10 per cent of stolen bikes in the city are recovered.

lock. Wruth said a general rule is to spend 10 per cent of what a bicycle cost on a lock.

Mark Rumsey, the owner of Hardcore Bikes, said a good one costs between \$50 to \$120.

"I usually tell people if you're on a budget, get a little less expensive bike and get a better lock so you won't have that heartbreak," he said.

cable lock. This essentially is a bike thief's dream," said Const. Shawn Wruth.

According to police statistics, July 2013 saw a 29 per cent increase in the number of bike thefts in Edmonton compared to July 2012.

Wruth encourages cyclists to invest in a quality U-shaped



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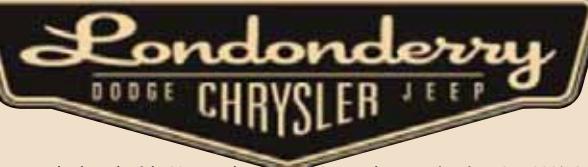


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Transit. Bus hits man in wheelchair

Edmonton police are investigating after a city bus hit a pedestrian in a wheelchair downtown on Wednesday shortly before 3:30 p.m.

The incident occurred on the corner of 101 Street and 104 Avenue, across the street from the Baccarat Casino.

"EMS responded to the scene where they treated a male and transported him to hospital. Injuries to the male are not known at this time," said the Edmonton Police Service in a release.

Jason Kilsch was sitting at the back of the bus when the collision occurred, and said the man in the wheelchair was crossing the street when the back end of the articulated bus hit him.

"The bus's back end collided with the man, causing him and the wheelchair to topple over," said Kilsch.

Fortunately, a nurse from Glenrose hospital was on board the bus at the time and assisted the man before emergency vehicles arrived, Kilsch said.

Patricia Dickson, an Edmonton Transit representative, said ETS will be conducting their own investigation after the police conclude their probe.

In a release, police said alcohol, on the part of the pedestrian, is believed to be a factor. **PATRICK NGUYEN/FOR METRO**



Police assessing the wheelchair of a pedestrian who was hit by a bus Wednesday. **PATRICK NGUYEN/FOR METRO**



Let it ride: Albertan has chance(s) to win

The odds are in his favour. Local trainer has two horses in race with \$200,000 purse at the Canadian Derby



HEATHER MCINTYRE

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The closest trainer Robertino Diodoro has come to winning the Canadian Derby was nine years ago.

"We got beat by half an inch," said Diodoro. "It might

have been a quarter of an inch, that's how close it was."

The Albertan is excited at his chances of claiming the title at the 84th running of the derby at Northlands Park on Saturday, thanks to two horses purchased from the southern U.S. earlier this year in Smart Promotion and locally-owned Broadway Empire.

"It's exciting having two in that have legit shots at it," said Diodoro.

The one-mile and three-eighths race is one of the toughest in Canada due to its distance, but that's what

makes the \$200,000 purse "our biggest horse race at Northlands Park," said executive director and general manager Chris Roberts.

A total of 12 three-year-old thoroughbreds will compete, and Broadway Empire is the favourite, said Roberts.

"He crushed the field at Ky Alta (a race at Northlands Park in July) and he's been probably the derby front runner for the last couple of months," he said. "But he's got a lot of competition."

Not only that, he will be starting a distance from the rail after drawing the 11th

Dust off that hat

"It's a huge fashion opportunity for Edmonton. We call it the social event of the summer."

Northland Park's Chris Roberts, on the pageantry and prizes for dressing up at the Canadian Derby.

post Wednesday.

"I've just got to try to get my horse out and get a good position, get him relaxed as much as I can," said jockey Rico Walcott. "And hope for the best."

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1
NEWS

Alberta Flood Aid: Ready for a big-budget 'barn raising'?

Prairie tradition with a twist. Benefit concert is one that hits 'most close to home,' says performer Corb Lund

Comedian Brent Butt is calling it the musical equivalent of an old-fashioned barn raising.

A fundraising concert for Alberta flood relief is expected to draw 30,000 to Calgary's McMahon Stadium Thursday to hear such blockbuster Canadian acts as Nickelback, Jann Arden, Randy Bachman, Tom Cochrane, Matthew Good and Corb Lund.

Butt has agreed to be the master of ceremonies for the event, which organizers believe could raise \$2 million for flood relief.

"I think it's going to allow people to be celebratory in a way — it's not like a memorial. In a way it's a big shiny, mod-

ern, multimillion-dollar version of an old Prairie barn raising," Butt said.

The main organizer of the event, Peter Jurisic, said the show will run a total of five hours and still, a number of performers had to be turned away.

"It's great talent. It's diverse. It's world-class. It's home-grown. We're going to have some unique collaborations on stage," Jurisic said.

Lund, who grew up in southern Alberta, has already played a number of flood benefits and wrote and recorded Blood, Sweat and Water — A Song for Southern Alberta with the proceeds going to flood relief.

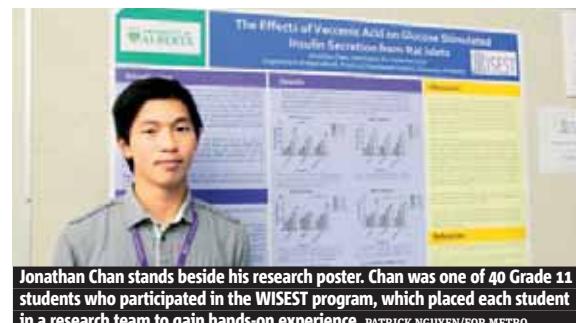
"It's home for me. If I had a vacuum truck I'd do that, but all I can do is sing and you've got to help how you can," Lund said.

"I've been involved in a lot of charity stuff over the years but this is the most close to home." **THE CANADIAN PRESS**



Nickelback opens the Juno Awards show in Ottawa in April 2012. Organizers of a fundraising concert planned for Thursday in Calgary, where the band will play, say they expect to raise more than \$1 million for the Calgary Foundation's Flood Rebuilding Fund. **FRED CHARTRAND/THE CANADIAN PRESS**

University-ready high school students show off projects



Jonathan Chan stands beside his research poster. Chan was one of 40 Grade 11 students who participated in the WISEST program, which placed each student in a research team to gain hands-on experience. **PATRICK NGUYEN/FOR METRO**

Some eager students who spent their summer at a University of Alberta program are ready for university — it's a shame they have to wait one more year.

The Women in Scholarship, Engineering, Science and Technology (WISEST) program encourages Grade 11 students of both genders to explore less traditional careers in engineering, science and technology.

"We're trying to encour-

age them to think outside of the box," said WISEST chairperson Denise Hemmings.

The program placed students in research teams for six weeks with graduate students and lab technicians so they're able to gain hands-on experience with research work and university life in general.

They showcased their projects on Wednesday.

"Every step I went through I had a mentor. They were all willing to help and they en-

Growing young minds

1,500

More than 1,500 young women and men have participated in the WISEST summer research program since its inception in 1984.

couraged my research," said Disha Patel, a participating student.

Jonathan Chan, one of two boys in the 40-person pro-

gram, agreed.

"It was great. I was able to gain a lot and was able to experience real things in a real university lab," he said.

The students were also taught skills such as scientific writing, networking and creating scientific reports.

"They're not worried about finally coming to university anymore," said Hemmings. "They've already been here and done it."

PATRICK NGUYEN/FOR METRO

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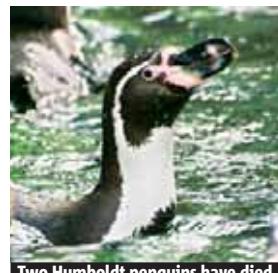
Calgary Zoo. Second penguin in two days dies

Calgary Zoo officials say another Humboldt penguin died late Tuesday night, the second death in as many days.

The three-year-old animal named Juntos came to Calgary from the same zoo in Syracuse, N.Y., as Guillermo, another three-year-old penguin of the same species that died on Monday.

"I have conducted the post-mortem examinations on both penguins and, while we are waiting for confirmation, the results are most consistent with an infection caused by the bacterium Chlamydophila psittaci, a disease that can affect both wild and captive bird populations including penguins," Dr. Doug Whiteside, senior staff veterinarian with the Calgary Zoo, said in a release.

"Test results will confirm this diagnosis," Whiteside added, "but in the meantime we are treating the remaining eight Humboldts and two gentoos that share the outdoor exhibit to do our best to pre-



Two Humboldt penguins have died at the zoo this week. FACEBOOK

vent further losses."

Zoo officials said it's possible the Humboldts arrived in Calgary already carrying the disease, as it can go be latent in the birds for months or even years and go undetected in quarantine testing.

The birds had also just completed their annual moult, Whiteside noted, during which time they can lose as much as 20 per cent of their body weight and become more vulnerable to infections.

ROBSON FLETCHER/METRO IN CALGARY

New contender. Arena too small says latest mayoral candidate

Edmonton has another mayoral contender who argues the only problem with the downtown arena is that it's too small.

"I think it is a good investment for our city and I would actually like to make it a lot bigger than what they have proposed," said Kristine Acielo.

She said despite the city's costs the deal will be beneficial in the long run.

"It is a really good deal. In the long run, we will create a

lot more jobs and a lot more growth," she said.

Acielo, who works in real estate, said she has volunteered on campaigns and initially thought about provincial or federal politics, but said she was convinced she needed to start at the local level.

"They told me to start small, I wanted to go into higher politics, but they told me to try mayor first," she said. RYAN TUMILLY/METRO



Alix Krahm, left, David Herbert and Aliza Dadani in front of city hall earlier this week. The trio are part of the ActivatED group that hopes to elect a more progressive council. RYAN TUMILLY/METRO

Group hoping endorsements could change the tide

Progressive council wanted. ActivatED offers approval, campaign workers



RYAN
TUMILLY

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A local group has decided to go after the council they want this fall and hoping to use the weight of their seal of approval

al to get it.

The group ActivatED is organizing progressive young people together to work on campaigns and issuing endorsements in all 12 wards, as well as the mayor's race, with the hopes of electing a more progressive council.

Aliza Dadani, who works for the Centre for Race and Culture, said the group doesn't want to spend the next four years frustrated.

"Our philosophy is let's get the right people in, who

share the same values as us, in the first place," she said.

Those values include support for density, urban agriculture and public transit, as well as electoral transparency and better public engagement.

The group's endorsement comes with more than just a seal of approval, however. ActivatED is pledging to help candidates get elected as well.

"Whatever the campaign needs help with, we will help them with that," said David

Herbert, another member of the group.

He said so far they have about 30 people they could bring as a resource to a campaign, but they hope to increase that number.

So far the group has endorsed Coun. Ben Henderson, Coun. Amarjeet Sohi, and Dave Colburn, a school board trustee running for the Ward 7 council seat. On Wednesday, they added David Dodge in Ward 3 to their endorsements.

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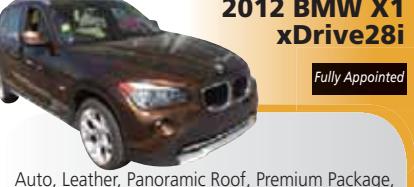
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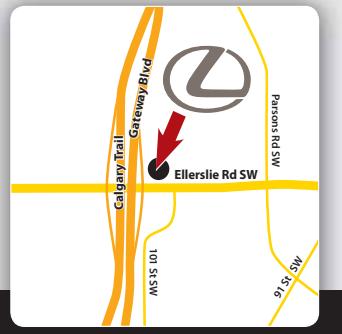
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Candidates come out for election primer

Info session. Meeting clarifies rules for fall municipal campaign

 RYAN TUMILTY
ryan.tumilty@metronews.ca

Eager candidates for the fall vote played the role of attentive students on Wednesday

during a class of Elections 101. How big can my signs be and when can I put them up? What sort of identification is required to vote? Why do candidates have to pay a deposit? These were among the many questions city staff fielded as candidates attempted to sort out election laws.

Laura Kennedy, the city's director of elections, said the sessions are an important way

to make sure everyone knows what's expected. "Candidates follow the rules and it's important that we tell them what the rules are," she said.

Ward 10 candidate Michael Walters said he wants to be absolutely sure he's following the process.

"In a democracy, there is a pretty clear process for how you run an election. I think it behooves every candidate to be

well informed," he said.

Kennedy said one area that could be a challenge this year is changes to identification laws that require people to provide one piece of identification with both a name and address.

"Do not bring in your passport, do not bring your student ID card, do not bring in your Alberta health ID card, those things will not work," Kennedy said.



The race for city hall kicks off with nomination day on Sept. 23. METRO FILE



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Capacity issues ease up. Humane society open again to most animals

The Edmonton humane society has reopened most of its doors.

A space crunch forced the society to close to owner-surrendered animals this month, but after the public stepped up to adopt animals, the shelter can take dogs and cats again.

"It was amazing, the public response, not just to come and adopt, but for people to hold off on dropping off animals," said Shawna Randolph, a spokesperson for the shelter.

While it's great that the shelter can start taking surrenders again, she said, they are not ready to breathe a sigh of relief.

"It can always change in a heartbeat. We just never know, especially in the summer months."

At the height of the capacity issues, the shelter had more than 700 animals in its care, but that's down to about 460, Randolph said.



Edmontonians stepped up to adopt pets, easing a humane society space crunch. METRO FILE

It remains closed to other species, including rabbits and reptiles. She said there are about 16 rabbits available for adoption.

"There is a very good selection," she said.

The rabbits, which adopt for \$60, come neutered or spayed, which would cost hundreds if performed by a veterinarian. RYAN TUMILTY/METRO

Overseas deal

City exporting waste-systems expertise

Edmonton will be sharing its waste-management systems with a Ukraine province under a new deal signed Wednesday.

Governor Mikhail Vyshyvanyuk, of Ivano-Frankivsk Oblast, signed an agreement with Mayor Stephen Mandel to help develop environmentally sustainable waste-management systems. The city's Waste RE-solutions Edmonton will work on the project.

Mandel said it's a great partnership. "This is an opportunity to work together for the common cause of protecting our environment," he said. METRO

Edmonton branch

Catholic teachers union wins ATA awards

Several initiatives by the Edmonton Catholic Teachers Local No 54 have been recognized with awards from the Alberta Teachers Association.

Locals from across the province were recognized at a conference in Banff on Wednesday.

Local 54 won three awards, including two public-relations honours.

The union also won a Local Diversity, Equity and Human Rights Award for its initiatives to support and promote awareness for people with diverse needs.

METRO



A Rastafarian plays his drum during a week-long conference and general assembly at the University of the West Indies in Kingston, Jamaica, Tuesday.

DAVID MCFADDEN/THE ASSOCIATED PRESS

Rastafarians aim to right a wrong

Jamaica. Followers seeking compensation for lingering legacy of Atlantic slave trade

Dozens of Rastafarians gathered in Jamaica on Wednesday to brainstorm ways of pressuring European countries to pay reparations for slavery and talk about other core beliefs of the homegrown faith.

Followers assembled in lecture halls amid a week-long conference at the University of the West Indies campus in Jamaica, the tropical island where reggae icons like Bob Marley and Burning Spear brought Rastafari's message to the world in the 1970s. Members have petitioned Queen Elizabeth II for compensation over the years. But the claims were rejected, and the monarchy said the British government could not be held accountable for wrongs in past centuries since slavery wasn't a crime when it was condoned.

Rastafarians have long called for slavery reparations, a key tenet of their faith along with repatriation to Africa. A melding of Old Testament

By the numbers

\$110B

About a decade ago, a coalition of Rastafarian groups estimated European countries formerly involved in the slave trade, especially Britain, needed to pay 72.5 billion British pounds (\$110 billion US) to resettle 500,000 Rastafarians in Africa.

teachings and Pan-Africanism, it emerged in colonial-era Jamaica in the 1930s out of anger over the oppression of blacks and evolved into a spiritual movement.

The meeting was cloaked in secrecy, an attempt to prevent leaks and maintain trust. Officials would say only the talks took place in Jerusalem, and there was no immediate comment from either side.

THE ASSOCIATED PRESS

Middle East

Palestinians, Israel renew talks

With tensions high and expectations low, Israeli and Palestinian negotiators kicked off their first substantive round of peace talks in nearly five years, huddling together

at an undisclosed location Wednesday in search of an end to decades of conflict.

The meeting was cloaked in secrecy, an attempt to prevent leaks and maintain trust. Officials would say only the talks took place in Jerusalem, and there was no immediate comment from either side.

THE ASSOCIATED PRESS

Mexico. Drug cartel and farmers slam federal police

A group of farmers and businessmen from the western Mexico state of Michoacan demanded Wednesday that the government stop sending thousands of federal police to fight a local drug cartel.

While the group denied any links to the Knights Templar cartel, its news conference in Mexico City coincided with a rare public relations push by the gang, whose leader raged against federal police in a

Quoted

"They scare off tourism, they scare off investment. They come to steal."

Knights Templar leader Servando Gomez, on Mexican police.

videotaped statement posted over the weekend on social media.

Both the cartel and the group, which calls itself Peace with Dignity for Michoacan, also railed against "self-defence" groups set up by residents in several Michoacan towns to resist Knights Templar gunmen.

The self-defence groups say the cartel's gunmen subjected residents to systematic extortion demands for "protection payments."

But Peace with Dignity said

such payments were levied only on part of the population, such as big avocado plantations, and were helpful in some cases, or at least a necessary evil.

"We avocado farmers were getting robbed a lot" by thieves sneaking into orchards, farmer Nicolas Aguilar said. "We were told there was a payment being collected to help with security, and since then we haven't had any more problems with theft."

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Body bags on streets as Egypt turmoil worsens

State of emergency.

Running street battles sweep the country as supporters of ousted president battle security forces

The world looked on in shock Wednesday as searing violence engulfed Egypt.

Running street battles broke out in Cairo and other cities as a state of emergency was declared.

The white heat of anger flared when riot police backed by armoured vehicles, bulldozers and helicopters swept away two encampments of supporters of ousted president Mohammed Morsi.

And the death toll rose inexorably: At least 278 people were killed nationwide.

Canada called for calm while Egyptian-Canadians

watched in horror from a distance.

Foreign Affairs Minister John Baird expressed deep concern.

Canada supports "a transparent democratic system that respects the voices of its citizens," Baird said.

All day Wednesday, pictures and video images of the violence could be seen on the Facebook site Egyptian Canadians For Democracy.

One video posted on the page showed footage of body bags lined up on a sidewalk.

Another post read: "God have mercy on Egypt."

It was the deadliest day in Egypt since the 2011 revolution against Hosni Mubarak.

Vice-President Mohamed ElBaradei, a Nobel Peace Prize laureate, resigned in protest over the violence.

He said he was not prepared to be held responsible for "a single drop of blood."

Meanwhile, crushed and

dazed and chanting "Down, down with military rule!" hundreds of supporters of the ousted president streamed out of a protest camp that had come to symbolize the resistance of Arab Spring Islamists.

It now resembled a war zone — covered in debris, with thick black smoke billowing skyward.

Sitting helplessly on the ground, exhausted by hours of inhaling tear gas, they pondered their next move as Egypt's bloodiest day in years came to an end.

For more than 12 hours, security forces in black-clad body armour and helmets,

Quoted
"All the people who are here are ready to die."

Protester Ahmed Shaker, 28, the father of a two-year-old girl

backed by snipers, military helicopters and armoured vehicles, used bulldozers to sweep away the encampment.

"What was horrifying today were the snipers. The sound of bullets was extremely frightening," said Mosa'ab Elshamy, a freelance photographer who said he was standing next to a medic who was shot in the head by sniper fire around noon.

"Most of the corpses I saw in the field hospital had been shot in the head or chest," said Elshamy, who was in the camp for more than six hours during the clashes.

In two main morgues, he said he counted 65 bodies.

At a field hospital, Abdullah Sayyed, a 25-year-old doctor, said he was receiving wounded patients every 10 minutes.

"We had hundreds of cases," Sayyed said.

THE ASSOCIATED PRESS



A supporter of ousted Islamist president Mohammed Morsi shoots a gun toward police at a sit-in in Cairo Wednesday. MANU BRABO/THE ASSOCIATED PRESS

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A woman holding a stick encounters a member of the security forces.
IMAD ABDUL RAHMAN/THE ASSOCIATED PRESS

Deadly work

A cameraman for British broadcaster Sky News and a Dubai-based newspaper reporter were killed during the violence in Egypt.

• The cameraman. Sky News said Mick Deane, 61, was shot and wounded while covering the violent breakup of protest camps in Cairo. He was treated for his injuries but died soon after.

• The tribute. Sky's news chief John Ryley said Deane was "the very best of cameramen, a brilliant journalist and an inspiring mentor to many."

• The reporter. The Dubai journalist was Habiba Ahmed Abd Elaziz, 26, who was shot in a Cairo melee. "She was passionate about her work," Gulf News said.

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IT'S BETTER TO BE A MEMBER

WikiLeaks. Soldier sorry for biggest-ever U.S. leak

U.S. soldier Bradley Manning apologized Wednesday for hurting his country at his sentencing hearing in the WikiLeaks case, pleading with a military judge for a chance to become a productive citizen.

He addressed the court after testimony about his troubled childhood and the extreme psychological pressure that experts said he felt in the "hyper-masculine" military because of his gender-identity disorder — his feeling he was a woman trapped in a man's body. One psychiatrist said Manning has symptoms of fetal alcohol syndrome and Asperger syndrome.

Manning's attorneys con-

tend he showed clear signs of deteriorating mental health that should have precluded him from handling classified information in a war zone.

The soldier said that he understood what he was doing but did not believe that leaking the mountain of classified information would cause harm.

His tone was at odds with the statement he gave in February, when he condemned the U.S. military's "bloodlust."

The leaks included a video of a 2007 U.S. helicopter attack that killed civilians in Iraq, including a Reuters news photographer and his driver.

THE ASSOCIATED PRESS

Andrew MacDougall

Harper spokesman leaving with laugh

Prime Minister Stephen Harper's director of communications is stepping down to take a job in the U.K. with one of the world's largest communications firms, Publicis Groupe.

Andrew MacDougall's trademark humour was clearly intact in a letter circulated Wednesday within the Prime Minister's Office.

"To my team, thank you for letting me be your boss. On most days you made me look good, except when you screwed up and made yourselves look bad," he wrote.

THE CANADIAN PRESS

Tory rivals leap on audit to rebuke Senate, Harper



New Democrat MP Paul Dewar calls for an end to the Senate alongside fellow MP Nycole Turmel on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Pam Wallin freefallin'.

Travel expenses used to attack PM's judgment, Senate's right to exist

With the Senate expense scandal burning ever brighter, the Conservative government's rivals wasted little time Wednesday making political hay out of a scathing audit of Sen. Pamela Wallin's travel claims.

The New Democrats amplified their long-standing call to abolish the Senate, while the Liberals accused Prime Minis-

Quoted

"I think most people understand that this is an institution that needs to be sent packing, period."

New Democrat MP Paul Dewar, on the Senate.

ter Stephen Harper of showing poor judgment when he vouched for Wallin's expense claims earlier this year.

"In terms of Sen. Wallin, I have looked at the numbers," Harper told the House of Commons in February. "Her travel costs are comparable to any parliamentarian travelling from that particular area of the country over that period of time."

The Prime Minister's Office says Harper was only talking about Wallin's overall travel costs, not her individual claims.

The Harper government has no choice but to abolish "this institution that was created before we had electricity," said the NDP's Paul Dewar, reprising a long-held New Democrat credo.

"It's not just about the claims and if they're legitimate. It's about, 'Is this body legitimate,' and we don't think it is," Dewar said.

THE CANADIAN PRESS

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David Hilder
HAMPSHIRE POLICE/THE ASSOCIATED PRESS

Cat DNA sends U.K. killer to jail

Database. Feline hair found on victim traced to neighbour's cat

A British university said Wednesday its DNA database of British felines helped convict a man of manslaughter.

The Veterinary Genetics Laboratory at the University of California, Davis, has used

animal DNA to catch criminals for more than a decade. Investigators in Britain tapped the lab to identify the cat hair discovered around the dismembered torso of David Guy, 30, who was found hidden in a trash bag on a British beach in July 2012. Detectives matched the hair to a cat belonging to the man's friend David Hilder, but because the genetic material

Quoted

"The 10 million cats in the U.K. are unwittingly tagging the clothes and furnishings in more than a quarter of households." Jon Wetton, University of Leicester.

was mitochondrial DNA — which can be shared among a large number of animals — the strength of the match couldn't be known.

Jon Wetton from the University of Leicester was asked to create a repository of cat DNA for the Hilder case, gathering samples of mito-

chondrial DNA from 152 felines across England. "Only three of the samples obtained matched the hairs from the crime scene," Wetton said.

However, a host of additional evidence — including traces of Guy's blood discovered at Hilder's residence in southern England — was enough to secure the 47-year-old's conviction.

THE ASSOCIATED PRESS

Police use Twitter, too. Mr. Lube dude's tweet for weed quickly goes to pot

Canadian Twitter user Sunith Baheerathan's tweet requesting prospective marijuana sellers to bring some of their wares to a Mr. Lube location in a Toronto suburb has turned into a job hunt.

That location was Baheerathan's place of employment until Tuesday, according to both the company and Baheerathan's own tweets.

"Any dealers in Vaughan wanna make a 20sac chop? Come to Keele/Langstaff Mr. Lube, need a spliff," Baheerathan wrote.

The tweet went viral when it caught the eye of local police. "Awesome! Can we come too?" read a retort from the

York Regional Police's official Twitter feed.

Moments later the Twitter exchange was a trending topic in Toronto. Shortly after that, Baheerathan found himself looking for work.

"Just got the call of termination," he tweeted.

"I've lost complete hope in society man. There's killers/rapists/people missing and all they care about is a dude asking for weed," he wrote in another tweet.

"Gotta watch what you tweet nowadays, even the freedom of speech & the right to an entitled opinion isn't safe," read another.

THE CANADIAN PRESS



A marijuana plant flourishes under grow lights at a warehouse in Denver, Colo. THE CANADIAN PRESS FILE

Toilet-cleaner IEDs

Beauty queen has a blast but forced to give up crown

A U.S. beauty pageant winner charged with tossing homemade bombs from a vehicle has relinquished her crown.

Kendra McKenzie Gill says she and her friends feel terrible about the incident, but she insists they were just playing a prac-

tical joke and never threw the explosives at people.

Gill and three friends were charged last week with four felony counts of possession of an explosive device. Prosecutors say the 18-year-olds drove around town Aug. 2 and tossed plastic bottles of toilet-bowl cleaner and shrapnel at people and property.

Nobody was injured.

Gill had been Miss River-ton, Utah. THE ASSOCIATED PRESS



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Doctors Without Borders forced to abandon Somalia over attacks

Killing and abduction.

Militants and cohorts have 'sealed the fate of countless lives': Group

Doctors Without Borders announced Wednesday that they are pulling out from Somalia after 22 years, saying that armed groups are killing and abducting aid workers.

In a scathing indictment of Somalia's leadership, the aid group accused civilian leaders of condoning or even supporting the attacks.

The pullout goes against the narrative of a Somalia emerging from decades of anarchy and violence amid military gains against Islamist insurgents.

Some two dozen local journalists have been killed since the start of 2012. In June, a truck bomb and gunfire at-



Doctors Without Borders says it provided over 624,000 medical consultations, admitted 41,000 patients to hospitals and cared for over 30,000 malnourished children in Somalia last year alone. FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS FILE

tack on the main UN compound in Mogadishu killed eight UN employees and five Somali civilians.

Doctors Without Borders, the winner of the 1999 Nobel Peace Prize and known by its French initials as MSF, said

the pullout will cut off hundreds of thousands of civilians from humanitarian aid. For example, in Mogadishu,

MSF runs the only pediatric intensive-care unit, while in Jowhar, women will have nowhere to go for emergency Caesarean sections.

The decision comes after the release from prison of a Somali man convicted of killing two MSF staff. In December 2011, a Somali employee of MSF who learned his contract would not be renewed shot and killed a Belgian and an Indonesian worker at an MSF compound. Though the shooter was convicted and sentenced to 30 years, authorities released him after only three months, MSF said.

Since 1991, dozens of attacks resulted in the deaths of 16 Doctors Without Borders staff in Somalia. Two MSF employees who were kidnapped in a Kenyan refugee camp near the border and held in Somalia for almost two years were released last month.

THE ASSOCIATED PRESS

Official statement

A message of outrage and sorrow

In a blunt statement, MSF denounced "extreme attacks on its staff in an environment where armed groups and civilian leaders increasingly support, tolerate or condone the killing, assaulting and abducting of humanitarian aid workers."

"In choosing to kill, attack and abduct humanitarian aid workers, these armed groups, and the civilian authorities who tolerate their actions, have sealed the fate of countless lives," said Dr. Unni Karunakara, MSF's international president.

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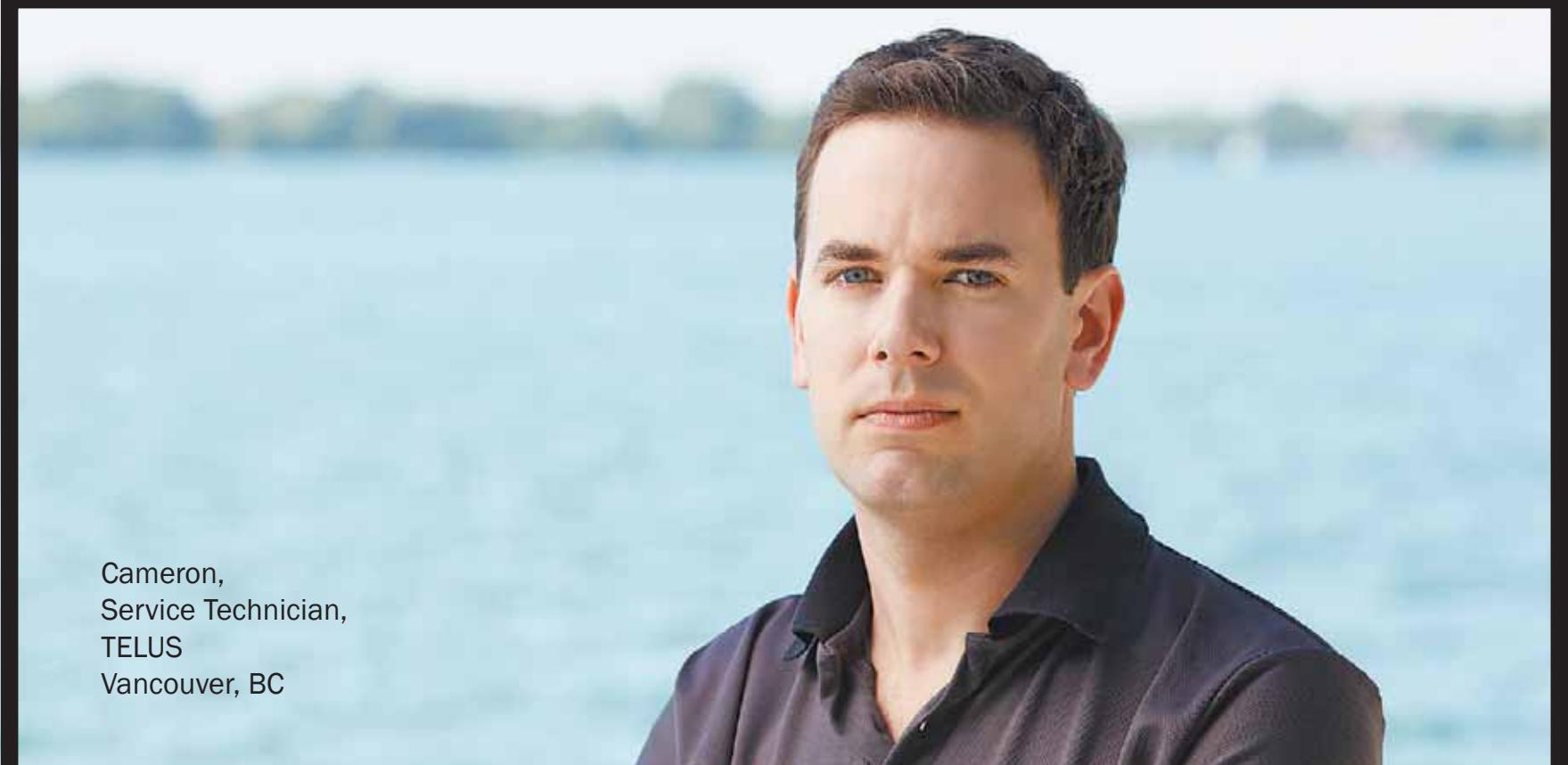
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Canada risks becoming 'pollution haven'

NAFTA anniversary.

20 years after agreement took effect, B.C. group says government has broken pledge to protect air, water and land

A group championing environmental law reform in British

Columbia and Canada accuses the federal government of breaking an international pledge to protect North America's air, land and water.

The West Coast Environmental Law Association says recent slashes to federal environmental laws mean this country risks becoming a "pollution haven."

Lawyers for the association say last year's omnibus budget

bills appear to skirt environmental safeguards contained in a side deal signed 20 years ago as the North American Free Trade Agreement took effect.

Staff counsel Andrew Gage says a letter has been sent to the Commission for Environmental Co-operation laying out the association's concerns and he urges Canadians to send similar letters.

Gage says the side deal

was meant to ensure NAFTA did not offer incentives to gut environmental laws at the request of industry, but he points to federal revisions that repeal Canada's laws to reduce greenhouse gases, eliminate thousands of environmental assessments and weaken legal protection of fish, lakes and rivers.

West Coast's letter to the commission comes a day

Public review

To mark NAFTA's 20th anniversary, the commission is conducting a public review of the agreement and its

environmental side deal in hopes of determining how environmental protection is faring across North America.

after environmental activists launched a lawsuit in the Federal Court of Canada challenging new federal legislation

they say limits their ability to oppose pipeline projects at regulatory hearings.

THE CANADIAN PRESS



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More than 10,000 yrs. old

Petroglyphs in Nevada oldest in North America

Ancient rock etchings along a dried-up lake bed in Nevada have been confirmed to be the oldest recorded petroglyphs in North America — more than 10,000 years old.

Larry Benson, a U.S. Geological Survey scientist, says the art on the limestone boulders could have been drawn as long as 14,800 years ago.

THE ASSOCIATED PRESS

RCMP in Richmond, B.C.

Passerby stops armed kidnapping

The Vancouver-area RCMP are crediting a quick-thinking passerby for thwarting a kidnapping.

A news release says police were called in Richmond, B.C., by a member of the public who saw what he believed was a kidnapping.

The person reported seeing four suspicious-looking men approach another man, put his son into a vehicle and handcuff the man. THE CANADIAN PRESS



A new pet for Baby George?

Prince William, the Duke of Cambridge, handles a Harris hawk during a falconry display as he attends the Anglesey Show, in Anglesey, North Wales, Wednesday. The show is the largest two-day agricultural event in North Wales. ANDREW YATES/POOL/THE ASSOCIATED PRESS



This July photo shows wrecked oil tankers and debris from a runaway train that exploded in Lac-Mégantic, Que. SURETE DU QUÉBEC/AFP/GETTY IMAGES

Locals safe despite oil leak in train blast: Quebec

Lac-Mégantic.
Surveillance shows air and water quality returning to normal

The Quebec government says the quality of the air and water are returning to normal levels and there is no sign yet of grave danger to human health after the deadly rail accident last month that saw crude oil seep into the ground, spill into the river and burn in the air.

The limited release of information from the provincial Environment Ministry came one day after environmental groups released the results of a study showing a spike in carcinogenic chemicals and a concentration of arsenic in surface water around Lac-Mégantic that a laboratory examination showed was 28 times above Quebec's upper limit.

The environmental advo-

cates accused the Environment Ministry of trying to hide the levels of contamination so as not to incite panic after the July 6 train derailment and explosion that killed 47 people and wiped out a swath of the historic downtown.

The provincial government, in reaction, released a few details of its environmental surveillance, which has been ongoing since the accident. It said that despite the 7.2 million litres of light crude oil that were spilled, the quality of the water, both in the lake and in the Chaudière River, are now "similar to their historic levels."

They also added there's no cause for worry about the drinking water or the long-term health of fish or animals.

The contaminated soil may prove to be the biggest problem. There has been speculation that it could be years before the ground is fit for use.

TORSTAR NEWS SERVICE

Compensation demanded

CP in Quebec crosshairs

The Canadian Pacific Railway is now on the Quebec government's list of targets as it seeks to recover the cleanup costs from the Lac-Mégantic disaster. The big railway has been added to a legal notice issued by the province, which

wants companies to pay for the water and soil cleanup.

CP was added to the list because, the government said, it was the main contractor responsible for the oil shipment.

That railway then arranged to use a line belonging to a smaller company, which has since filed for bankruptcy protection.

THE CANADIAN PRESS

Grade 1

Teacher suspended after Victoria class 'politicized'

An elementary teacher in Victoria has received a five-day suspension for encouraging her students to write letters to the former education minister during last year's contract dispute.

Documents posted online by the Teacher Regulations

Branch outline how Andrea Jane Skinner, a Grade 1 teacher at École Marigold School, organized the campaign as part of an anti-bullying lesson.

At the time, B.C. teachers were on the verge of striking over back-to-work legislation.

"On Feb. 28, 2012, in an attempt to simulate an overcrowded classroom, Skinner invited the students to sit in close proximity to each other on a reduced number of carpet squares and stated

that one of the aspects of the changes brought in by Minister of Education George Abbott through Bill 22 might be overcrowding in classrooms," the consent resolution agreement states. Skinner then discussed writing a letter to Abbott and provided a template which read: "I go to École Marigold... I hope that you will talk to teachers and solve the problem like we do. We need to stop bullying! Please stop Bill 22!"

The letters were sent

to the minister and a local newspaper.

Abbot told the media he was "appalled to see a Grade 1 class politicized in this way."

Skinner later acknowledged that she had made an error in judgment.

According to the Regulations Branch, she was suspended without pay and made to write letters of apology to parents, Abbott and the district superintendent.

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Mumbai. Sailors aboard blast-hit Indian submarine feared dead, official says

All 18 sailors aboard an Indian submarine hit Wednesday by twin explosions and an intense fire are feared dead, a naval official said. The submarine had also been damaged in a deadly explosion in 2010 and had only recently returned to service.

The official, speaking on condition of anonymity because divers had yet to recover any bodies, said the navy believed there was no way anyone could have survived the intensity of the blasts and fire, which occurred when the diesel-powered submarine was docked at a Mumbai navy base.

Officials had earlier said that there had been no contact with the sailors since the explosions, which lit up the sky above the base. They said navy divers had opened one of its hatches but had not yet been able to enter the submarine because it was dark and full of muddy water.

"We hope for the best but we have to prepare for the worst," Admiral D.K. Joshi, the navy chief, told reporters earlier in Mumbai.

Huge fireball

- The explosions in the submarine's torpedo compartment sent a huge fireball into the air and sent nearby sailors jumping into the sea in panic.
- It is shaping up to be another embarrassment for India's military, which has been hit with a corruption scandal as it races to modernize its forces.

Because the submarine was docked, a unit of navy watchmen was on board when the blasts occurred and not the normal crew, Joshi said. At least some weaponry exploded in the near-simultaneous blasts, Joshi added.

A video of the explosions filmed by bystanders showed an enormous ball of red and yellow fire rising hundreds of feet into the air.

THE ASSOCIATED PRESS



Surveying the wreckage of a UPS flight

Investigators look through debris of a UPS A300 cargo plane after it crashed on approach at Birmingham-Shuttlesworth International Airport on Wednesday in Birmingham, Ala. The two pilots aboard the airplane were killed. HAL YEAGER/THE ASSOCIATED PRESS

Encrypted messages

Al-Qaida threat to embassies was discussed in online jihadi chat room

Al-Qaida fighters have been using secretive chat rooms and encrypted Internet message boards for planning and co-ordinating attacks — including the threatened if vague plot that U.S. officials say closed 19 diplomatic posts across Africa and the Middle East for more than a week.

It's highly unlikely that al-Qaida's top leader, Ayman al-Zawahri, or his chief lieutenant in Yemen, Nasser al-Wahishi, were personally part of the Internet chatter or, given the intense manhunt for both by U.S. spy agencies, that they ever go online or pick up the phone to discuss terror plots, experts say.

But the unspecified call to arms by the al-Qaida leaders, using a multi-layered subterfuge to pass messages, provoked a quick reaction by the U.S. to protect Americans.

THE ASSOCIATED PRESS



There's a page for that in the new IKEA Catalogue.

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DID YOU KNOW?

FACT:

Canada's wireless industry directly employed over 61,000 people in 2011. For each direct job, another 3 indirect jobs were created.

Source: Nordicity

CANADA  A WORLD LEADER IN WIRELESS

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acts

Roommates set out to buy nothing for a year

Less is more.

'I realized these things don't make me any happier,' Calgary man says of the 'stuff' he has already accumulated



ROBSON
FLETCHER
Metro in Calgary

Two Calgarians are taking the Buy Nothing Day concept and multiplying it by 365.

Roommates Geoff Szuszkiewicz and Julie Phillips set out on a Buy Nothing Year on Aug. 3, an undertaking they plan to continue until the same date in 2014, when Szuszkiewicz turns 31.

As part of this "life experiment," the pair has immediately given up spending

money on household and personal items — including things like cleaning products and clothes — and they plan to eventually ramp it up to a point where they pay for nearly nothing.

"In three months we're going to discontinue purchasing of services — that means we're not going to be buying haircuts, eating out any more or paying for transportation," Szuszkiewicz explained.

They already have a head start on that phase, as Phillips' car broke down and she opted to give the beater away rather than fix it. She now uses a bike as her main mode of transportation, while Szuszkiewicz has given up the bus and commutes to work on foot.

By the final month of the experiment, they aim to give up spending on groceries, relying instead on an

Re-examining the definition of necessity

The pair got the idea after the June flood forced Julie Phillips to change her accommodation plans and move in with her friend Geoff Szuszkiewicz.

- Phillips said she had to get rid of about 80 per cent of

at-home aquaponics system (built with donated or bartered materials) and supplementing their food stocks through trade.

They do plan to continue paying their power bill, however, and use their previously purchased electronics to document their journey online.

"We don't want to be these extremist hippies living without electricity," Phillips laughed.

her "stuff" in the process, forcing her to re-examine her definition of "necessity."

- To follow their journey online, visit buynothingyear.com.

If they make it all the way through the year — and Szuszkiewicz admits "there could be room for failure" — they plan to use some of the money they save to set up a grant program for others interested in taking on projects with similar philosophies.

That, and a little reward for themselves.

"We'd like to go on a trip to Thailand and get tattoos," he said.



Julie Phillips and Geoff Szuszkiewicz hold Pepper, an animal they are "bunny-sitting" for a friend in exchange for wine. The pair expect bartering to figure prominently in their Buy Nothing Year. ROBSON FLETCHER/METRO IN CALGARY

Thai villagers block Google Street View car

Internet giant Google's Street View project, which has raised privacy concerns in several countries, has ignited a minor uproar in northern Thailand where villagers suspected its cameras were surveying for an unwanted dam project.

Google's regional communications manager Taj Meadows said Wednesday that the company was aware of the incident in Sa-eab village in Phrae province, in which about 20 residents blocked a Google camera

equipped car. Google's project takes photos to accompany its Google Earth map program.

The Manager newspaper reported that the villagers took the vehicle's driver to a local office to quiz him, then to a temple where they made him swear on a statue of Buddha that he was not working for the dam project.

The Prachatai news website said the villagers released the driver and later apologized to him and to Google.

Sa-eab village, 615 kilo-

metres north of Bangkok, is known for its long-running dam protests by villagers and environmental groups.

"(We) apologize to the official, to Google, as well as to the Thai people throughout the nation and to the citizens of the world," the villagers' representatives wrote.

They explained they were "extremely worried and there had been so many repeated cases that convinced the villagers to believe someone was trying to survey the area in disguise." THE ASSOCIATED PRESS



A Google camera is carried on a beach in Florida. The Street View project has caused a spat in Thailand.
VIA FLORIDA/THE ASSOCIATED PRESS FILE

Amazing \$#!@& Race

BodyBreak guru admits she cussed

BodyBreak fitness guru Joanne McLeod has issued a statement admitting she used a swear word during Monday's episode of The Amazing Race. McLeod and partner Hal Johnson, known to Canadians for their sunny TV family fitness vignettes, were eliminated from the series after an arduous test in Regina this week. During the episode, McLeod seemed to drop an F-bomb. THE CANADIAN PRESS

Market Minute

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ROB FORD REALITY ROUNDUP

The Beaver Examiner brings you the latest fake news:
Alleged Drug Dealer in Photo Mortified to Appear with Rob Ford

A 25-year-old man facing drug trafficking charges who appears in a newly distributed photo with Toronto Mayor Rob Ford says he is "deeply embarrassed" by it. "I'd like to apologize to my family, gang, and to anyone else I might have offended," said the man, who spoke to *The Beaver Examiner* on condition of anonymity. "I pose for a lot of photos, and if I had known it was Rob Ford, I would have politely declined." The uproar recalls a controversy last year when Ford appeared in a photo with a white supremacist. The supremacist later apologized.

'Bizarre' Viral Video Shows Rob Ford Working at Some Sort of White-Collar Job

Saying they've "never seen anything like it," millions of Internet users have watched a new video that shows controversy-prone



HE SAYS
John Mazerolle
metronews.ca

Rob Ford working away at some sort of bureaucratic job. Vancouver resident Rob Blumer says he has watched the video, Zoning Amendment SD-97, on YouTube a dozen times. "It's bizarre," Blumer said. "I clicked it waiting to see Ford say something crazy, but he just stands there, talking with other guys in suits. It looks like he's in, like, a meeting hall." Blumer said. Ford never swears, walks into anything or falls over despite the video's length of almost 11 minutes. "I don't know what it means," Blumer said. "Maybe it's performance art."

Stephen Harper Resigns After Doing Any One Thing Rob Ford Has Done

Prime Minister Stephen Harper has resigned in disgrace after doing any one thing that Toronto Mayor Rob Ford has done. Exact details are still sketchy, but it's believed Harper may have lied about a DUI conviction, used his staff for personal business, threatened a couple at a hockey game, been

accused of smoking crack, or said cyclists who die have only themselves to blame. "Whatever it is that he did, this is an unprecedented controversy for Harper and I see no way for him to recover from it," said political scientist Martin Iye. "No politician can do any one thing Rob Ford has done and still be electable."

Fiscal Record What's Important, 'Doug Ford Says as he Chases Incoherent, Naked Rob Ford Through Shopping Centre

Coun. Doug Ford launched a spirited defence of his brother Rob Ford's record Friday while frantically searching for the mayor in a downtown shopping centre where he had last been seen running naked and repeatedly yelling "Woo!" Lashing into assembled media, Ford said that reporters were only focusing on Rob Ford because he had apparently set his clothes on fire before running around the blaze in a circle shouting 'Let's party!' — forgetting that he had saved the city "more than a billion" dollars. "You can't attack us on our record, so you attack us just because he's over there skinny dipping in the coin fountain." As he propped up his brother from the fountain, Doug Ford noted that his brother had retrieved 45 cents on behalf of taxpayers.

ZOOM

Signed, sealed, delivered



Rescued seals make their way home

Tim Fetting, left, and Peter Lienau from the Seehundstation Norddeich release young seals on the beach of the islands of Juist on Wednesday near Norddeich, Germany. The Seehundstation Norddeich is a facility for raising young seals who were separated from their mothers

due to storms, disease or human disturbance and who would otherwise have little chance of survival.

Volunteers collect about 90 young seals a year from the North Sea German coast and care for the pups until they weigh about 25 kilograms before releasing them back into the wild. Sponsors pay for the costs of caring for the seals and get to name them. **GETTY IMAGES**



A zookeeper feeds herring to young seals in the Seehundstation.

DAVID HECKER/GETTY IMAGES

Sorry kids, I got to go

- Four to 50 days is the length of time true seals (pictured) suckle their pups.

- This is because their feeding ground is usually far from shore, so after lactation the mother will dash, foraging to replenish depleted energy.

RE: Ladies, If You've Ever Tried To Get Your Man To Care About Home Decor, Be Careful What You Wish For, published Aug. 13

This article did nothing but state the perfectly obvious: cohabitation means compromise. But the title reads like, "Ladies, make sure you don't get your man interested in decor, because you won't get your way."

I find the piece rather rude, and it's more of a blog update on Jessica's personal living situation than offering couples any practical or emotional advice of how to work out a compromise. Sorry that you went to all that trouble to force your partner's opinion out of him, only to find he disagrees with you.

Aeric posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

A tragedy happened in Egypt Wednesday, and the situation there is unlikely to improve soon. If you want a closer look at what's happening, here are three Twitter handles worth following.

Andy Carvin (@acarvin):

National Public Radio's senior strategist is a peerless curator of news from around the world, with a particular shine for the Middle East and a talent for finding citizen images.

Samer Al-Atrash (@sameralAtrash):

A Cairo-based wire journalist who frequently treats his Twitter feed as a public display for his reporter's notebook, which can obviously contain grim stuff.

Heba Morayef (@hebamorayef):

The Egypt director for Human Rights Watch is on the ground in Cairo, where she regularly posts updates from field hospitals and protest sites.

Comments

Twitter



@metropicks asked: Volvo's technology detects cyclists and stops if needed. Is it the solution to cyclist fatalities?

@WilMcQueen: Lowering cyclist deaths can be achieved by cyclists not being self-righteous a-holes, weaving, red-light runners.

@benrankel: The only way to make driving really safe is to remove the most fallible element – the human driver.

@neanderstaal: Drivers paying attention is the real solution to cyclist (and pedestrian and motorist) fatalities.

Follow @metropicks and take part in our daily poll.

A Britacular performance

Spearsical, the musical. Original show started in jest but morphed into a full-on ode to pop culture



BACKSTAGE PASS
Jennifer Laraway
edmonton@metronews.ca

Oops, Gregory Caswell has done it again and he's not making any apologies for it.

"A decade: that's how much time has passed since our little theatre company stepped into the spotlight of the Edmonton Fringe Festival. So much has changed since then but 10 years is a milestone.

"So this year we have decided to revive our first production Spearsical the Musical: The Britney Spears Musical and are debuting the aptly titled sequel Spearsical the Musical: Oops We Did it Again," Caswell says cheerfully.

Caswell admits the original show started in jest but quickly transformed into a full ode to pop culture.

"It's been fun for us to rehash and reinvent our show from 10 years ago," he says.

To prepare, Caswell explains, "It's been interesting to look back from two perspectives: one being who I was 10 years ago as an actor and the other in terms of how society relates to and views celebrities."



Gregory Caswell transforms into entertainment reporter Sherry Tart for The Spearsical Project during Edmonton Fringe Fest. COURTESY RAW MEET PRODUCTIONS

Caswell remembers being fascinated by entertainment reporting and the public's speculation around whether Britney Spears had lost her virginity to Justin Timberlake or if her arch nemesis Christina Aguilera had implants.

At the time, his craving for celebrity gossip was only satisfied by the matriarch of tabloid television: former Entertainment Tonight anchor Mary Hart.

"I've watched ET since I was

a little kid and thought it was the actual news," laughs Caswell.

"I was fascinated with Mary Hart and her persona. She was never a star outside that role and she deserves to be."

Caswell is determined to change that through this year's Fringe Festival. While creating the Spearsical sequel, Caswell developed a spin-off character in honour of the ET icon named Sherrie Tart, which he plays.

"When I started Spearsical 2, I wanted to bring the entertainment correspondent angle to life. Everything for this show has come together. We have had a lot of amazing luck with the preparation."

There are more than 25 roles — from choreographers to costume designers — needed to pull the show together. The Spearsical shows perform twice nightly from Aug. 15 to 25 at The Artery (9535 Jasper Ave.).

Fun facts

- Admission starts at \$12.
- Shows are 7 p.m. or 9 p.m. nightly.
- Tickets are available through Fringe Theatre or veglive.ca.

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Ford isn't as scary as he is on screen

Interview. He has a reputation now for being impatient with poor interviewers, but it's not half as scary as his role in the new thriller *Paranoia*

MATT PRIGGE
Metro World News

Harrison Ford isn't as terrifying to talk to as you might have heard. Over the years he's gotten a reputation as gruff, pissy, overly succinct and transparently wishing he was somewhere else. This isn't completely untrue — as long as your questions aren't too dumb, and especially if they aren't about Star Wars or Indiana Jones. Now 71, he's relaxed into supporting or at least co-lead roles, which he continues as one of the villains in the tech world thriller *Paranoia*. And though we were too scared to ask him about his involvement in the next Star Wars entry, we did get some information on his newest flick.

Paranoia touches on some important issues: income gaps, greed, health insurance. Were these what drew you to the film?



Harrison Ford enjoyed playing the villain role in *Paranoia*. CONTRIBUTED

No. I was drawn to the character and the relationships, and the manipulation of an ambitious young person by two powerful businessmen. The cat and mouse of the whole thing is what interested me — and the opportunity to play a character different from what I've played lately. I haven't played the bad guy for a very long time.

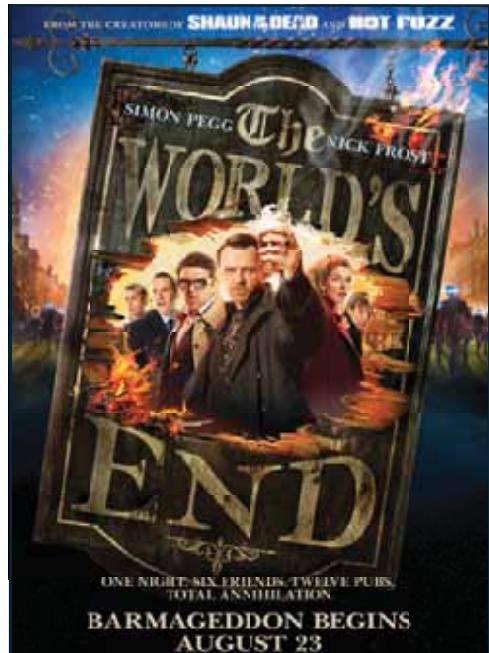
He's not just a stock villain, though. He actually seems, for a time, genuine.

That's what I liked about it. He's a manipulator. And he has a ripe one on his plate. What interested me was the complexity here.

There's not only corporate greed and perfidy; there's a young man who has a bit of the blind ambition issue. So he's ripe for manipulation.

What did you do that was different for you?
I shaved my head. I shaved my hairline back and dyed my hair for 42. There was no way it was going to grow out in time to be useful. So I presented myself to Paramount people with a shaved head, much to their surprise.

What's fun about playing a villain?
It's just something different. It's something unexpected for the audience.



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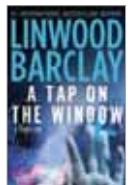


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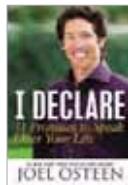
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1. A TAP ON THE WINDOW Linwood Barclay

Something is horribly wrong in the small town of Griffon NY. It's been two months since private investigator Cal Weaver's teenage son died in a tragic drug-related accident. This town has too many secrets, too many lies — and Cal has decided to expose those secrets one by one.

Last Week: 1 / Weeks on List: 1



2. I DECLARE Joel Osteen

Words have always had power. Joel Osteen's *I Declare*, now available in paperback, offers daily inspirations that harness the power of words. Shift the way you describe your life by declaring your blessings, and change will swiftly follow.

Last Week: 2 / Weeks on List: 1

This Week

	Last Week	Weeks on List
3. WAGING HEAVY PEACE Neil Young	3	2
4. THE WHITE PRINCESS Philippa Gregory	4	3
★ 5. WALLBANGER Alice Clayton	-	-
6. MISTRESS James Patterson	6	1
★ 7. ROSE HARBOR IN BLOOM Debbie Macomber	-	-
★ 8. THE LAST KISS GOODBYE Karen Robards	-	-
9. THE GUTS Roddy Doyle	9	1
10. FIRST SIGHT Danielle Steel	10	5
★ 11. THE INCONVENIENT INDIAN Thomas King	-	-
12. THE ENGLISH GIRL Daniel Silva	12	5
13. THE OCEAN AT THE END OF THE LANE Neil Gaiman	13	9
14. THE CASUAL VACANCY J.K. Rowling	5	3
15. INFERNOR Dan Brown	7	12
16. WILD Cheryl Strayed	16	20
17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	17
18. CRAZY RICH ASIANS Kevin Kwan	8	2
19. I WEAR THE BLACK HAT Chuck Klosterman	19	3
20. THE SECRET KEEPER Kate Morton	11	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending August 19th

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Twilight author. Meyer likes getting hands dirty as Austenland producer

When Stephenie Meyer's name is mentioned, most people think of her Twilight Saga vampire books and

Jane Austen theme park. "We made a lot of mistakes and we learned a lot more because we are allowed to make

films. But the author wants a new audience as a film producer.

Meyer produced Austenland, starring Keri Russell and based on the novel by Meyer's friend Shannon Hale. The film, directed by Jerusha Hess, opens in limited release Friday.

Although Meyer was a producer for The Twilight Saga-Breaking Dawn films and the movie adaptation of her novel The Host, this is the first time she's produced someone else's work. She said in a recent interview that she got to be "a little bit more hands-on, a little more dirty" with producing duties.

Austenland is a romantic comedy about a single 30-something woman (Russell) obsessed with Jane Austen novels who spends her life savings to visit a British

Meyer has optioned the books Down a Dark Hall and Anna Dressed in Blood for film.

• **Certainly not for the money.** She said it's a coincidence that she's turning back to the supernatural world with the two young adult ghost stories.

mistakes," Meyer said of her Austenland crew, adding that she was "surprised that it all worked out so well."

Meyer said she enjoyed the "collaboration" and "socialization" of producing and found a "different kind of creative outlet."

THE ASSOCIATED PRESS



Executive producer Stephenie Meyer, left, director Jerusha Hess and writer Shannon Hale at the Austenland premiere. TODD WILLIAMSON/THE ASSOCIATED PRESS

Meth addiction has been good for tourism

Walter's legacy. The backdrop for Breaking Bad, Albuquerque, has made bank on the popular AMC show

It's been five years of meth addicts, deadly shootings, violent drug traffickers and hidden secrets of the desert.

And throughout the filming of AMC hit television series Breaking Bad in Albuquerque, interest in this Southwestern city from tourists has grown and local businesses have sought to cash in. A doughnut shop sells treats laced with blue "meth" toppings, for example, while a bike rental business gives tours of characters' favourite spots.

But now that Breaking Bad is returning for its final episodes, Albuquerque shops and tourist attractions are trying to take advantage of the popular show's last moments before the series fades from memory.

The city's visitors' bureau hosted a watch party Sunday for the premiere of the last season's first episode, drawing more than



Breaking Bad continues to have a license to print money. RUSSELL CONTRERAS/THE ASSOCIATED PRESS

Tourism

"I hate to see it end but I also can't wait to see how it ends."

Debbie Ball

Owner of The Candy Lady store in Albuquerque, which has benefitted from Breaking Bad's setting

450 fans. Stores held specials to sell Breaking Bad memorabilia.

There was even a Breaking Bad marathon at Immaculate Conception Catholic Church in Albuquerque, followed by mass, then its own watch party for the last

season's premiere.

"It's been great for us," said Debbie Ball, owner of The Candy Lady store, who sells blue Breaking Bad meth treats and offers limousine tours of scenes from the series. "People are always coming in and asking

about Breaking Bad. I hate to see it end but I also can't wait to see how it ends."

Breaking Bad, which was filmed largely in Albuquerque, follows former high school teacher Walter White, played by Bryan Cranston, producing and selling methamphetamine with a former student, Jesse Pinkman, played by Aaron Paul. The show, with its dark themes and addictive storyline, often features different parts of the city from a regular car wash to well-known local restaurants.

THE ASSOCIATED PRESS

Why there won't be an Elysium sequel

'One kick-ass movie.' Despite taking the top spot at the box office, Matt Damon and Neill Blomkamp talk about why there isn't going to be a second run

NED EHRRBAR
Metro World News in Hollywood

Neill Blomkamp's science fiction action dystopia Elysium topped the box office its opening weekend, pulling in an estimated international gross of \$41.3 million.

Not too shabby, but success doesn't mean there will be a sequel — at least if Blomkamp has anything to say about it. The writer-director, who dodged pressure to make a sequel to District



Neill Blomkamp. CONTRIBUTED

9 and instead has followed it up with Elysium and his next film, the original Chappie, is something of a sequel-phobe.

"One of my favourite parts of filmmaking is just concep-

tualizing ideas," he says. "Executing them is very different to conceptualizing them. I tend to come up with a lot of ideas and I get attached to a lot of them. It creates a differ-

ent mindset where it's like, 'I want to see this get executed and I want to see that get executed' as opposed to, 'I want to return back to this world from this film.' I have a few other ideas for films I want to make currently."

Of course, the film's studio and distributor, Sony, would likely love the idea of building on the success of Elysium, but Blomkamp says he felt very little pressure on the subject from the higher-ups.

It took some persuading, but Oprah's baaack!

The Butler. Winfrey talks about why she decided to do her first film since 1998 and why this role, with its intensity, was important for her

MATT PRIGGE
Metro World News

There was one major reason Oprah Winfrey returned to screen acting for her most prominent role since 1998's *Beloved* — and his name is Lee.

Winfrey worked with director/producer Lee Daniels behind the scenes of his breakout work, *Precious*, which she also executive produced. She was coerced in front of the camera for his fourth directorial work, *Lee Daniels' The Butler*, playing the wife of a man (Forest Whitaker) who works at the White House from the 1950s through the '80s.

"I wanted the opportunity to be in his hands, really," she says, adding he was relentless.



Oprah Winfrey as Gloria Gaines and Forest Whitaker as Cecil Gaines star in *The Butler*. ANNE MARIE FOX/THE ASSOCIATED PRESS

Overtime with Winfrey

A few extra comments from Oprah Winfrey

- **On her notoriety.** "Contrary to what everyone assumes about me, I'm really not a control freak. I like to hire someone who knows what they're doing so I don't (have) to do it. Then they come back to me and tell

less in pursuing her. "I was telling him, 'Lee, I got a network thing going on. But he wouldn't listen to me. He'd been stalking me for some time."

Of course, there was also the subject. The film spans the beginning of the civil rights movement and ends with Obama's election.

"I'm a historian of my own history — of African American history. I believe that when you know who you are, you have the ability to move forward not only with your own strength, but with the strength of your entire ancestry," Winfrey says.

While specifically about black culture — and in a way that doesn't portray it through white eyes, despite a Caucasian screenwriter (Danny Strong) — the film is also, she says, universal.

"You see the two of us at the bus station sending our son off to college. That's how every parents, regardless of race, regardless of economic background, feel when you have to let go of your son."

There's also her character: the long-suffering wife of a workaholic.

"I thought a lot about what it meant to be a woman in the '50s and '60s. All of us got a lot of fire inside us. What is it like to have that fire but have nothing to do with it? You can't just sit around watching *Edge of Night* all day long, make a sandwich, have a beer, tiptoe with the next-door neighbour," Winfrey explains.

"This gave me the opportunity to show the women

of that era. Gloria, for me, is not just herself but a composite of the women of the era, who sacrificed herself to become the stabilizing force of her family."

In terms of race relations today, Winfrey doesn't feel like she has a side she shows white — or black — audiences.

"I feel I have made a living being myself. I've made a

career out of my own authenticity. I don't have one face I present to the white world or to the black world. I talk to my dogs the same way I'm speaking right now."

But she understands that her being able to feel that way was hard-earned, by others.

"I am the daughter of a maid, and my grandmother was a maid, and her mother

was a maid, and her mother was a slave," she says. "I feel validated by the war that the butler and his entire generation fought in their own way. And the fact that there's another generation of freedom writers and freedom fighters that, because of evolution and growth and change, decided they weren't going to do that anymore. Both wars were necessary for their times."

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Angelina Jolie and Jennifer Aniston METRO PHOTO ILLUSTRATION

Once feuding stars avoid 11 hours of first class airline awkwardness

Angelina Jolie and Jennifer Aniston nearly had 11 hours of awkward silences as they were both booked in the first class section of a British Airways flight from L.A. to London Sunday, but Aniston reportedly moved her flight to the next day at the last minute, according to Us

Weekly. "Whether it was because Angelina was on the Sunday flight, we don't really know, but she did change it," a source at the airline says. "The airline has VIP greeters who do chat about this sort of thing and may have informed each other of the (Aniston-Jolie) conflict, but nobody can say for sure."

Three big red Xs for Cowell after Electra breakup

While Lauren Silverman's reported pregnancy is making Simon Cowell's life more complicated, it's not the first time his involvement with Silverman has made waves in the X Factor boss' personal life.

Cowell's dalliances with Silverman reportedly put

an end to his fledgling "hot and heavy" romance with Carmen Electra, according to E! News. "Carmen was at Simon's house in L.A. when she literally busted him with Lauren," a source says.

"Simon called her a friend, but there was nothing platonic about what was going on, if you know what I mean."

According to the source, Electra quickly called off her relations with Cowell. "There was no way she was going to stick around and be a third wheel," the source says.

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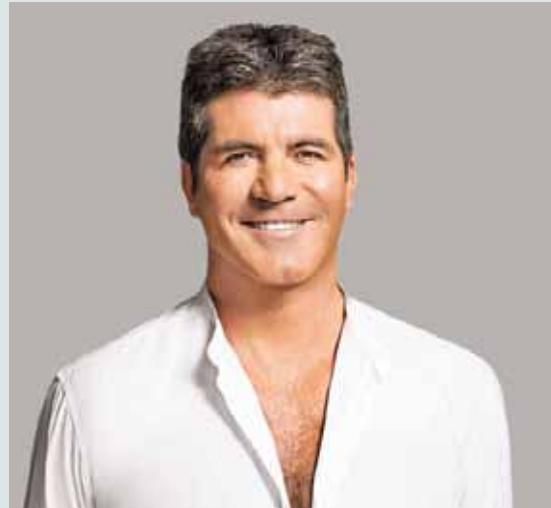


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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Twitter



@rosemcgowan

Going through my contact list is like a quick trip through bad times



@SethMacFarlane

Oh cool, a new superhero movie. That is refreshing indeed.



@solangeknowles

Where does one dance at this hour in this big apple?



Jennifer Garner ALL PHOTOS GETTY IMAGES

Garner joins privacy fight for celeb kids everywhere

Jennifer Garner is joining Halle Berry in pushing for a California bill that would make it illegal for paparazzi to photograph their children. "I chose a public life. My three children are private citizens," Garner

said while testifying before the California State Assembly Committee on Public Safety in support of the proposed anti-paparazzi bill, according to E! News. "I love my kids. They're beautiful and sweet and innocent, and I don't want a gang of shouting, arguing, lawbreaking photographers who camp out everywhere we are all day, every day, to continue traumatizing my kids."

How to makeup for your masculine ensemble

If you're slipping into a tweed blazer, an oversized cardigan or a sleek women's tux this fall, the right beauty look is the perfect accessory to complete your menswear-inspired outfit.

The choice is yours to do a 180-degree turn and go with hyper-girly, or stay strictly tomboy. Either can complement the more masculine clothing silhouettes.

Makeup with menswear is a little more important than other styles because with a neutral, muted palette of greys, blacks and browns, "you want to have a little life to your face, a little health and vigour," says Linda Wells, Allure magazine's editor-in-chief.

When suiting up in this fall trend, women have choices for their beauty look, she says.

"Are you going to exaggerate the menswear look and play it up fully, or are you going to offset it with something feminine?" Wells says.

To soften menswear staples like grey flannel and hounds-tooth, which are so often fashioned into tailored items, add femininity by playing up the eyes or lips, experts advise, but not both at the same time so your features don't compete.

"You want to add feminine flair throughout the face if you can't have it on the body through the clothing," says Myiesha Sewell, a Sephora Pro makeup artist.

For a ladylike touch,

Wells envisions soft hair with a little wave to it falling over the forehead along with a rich burgundy lipstick, or dark, smoky eyes featuring grey eye shadow, eyeliner and lots of mascara. "Who doesn't want to be a femme fatale?" she says of the "sexy androgyny" combination of feminine makeup and menswear.

THE ASSOCIATED PRESS



Talk to the T: Say it loud, say it stylish with a graphic shirt

Stay on top of this fashion craze. Comics, creatures and credos are covering your fave back-to-school staple this fall

The T-shirt and graphic shirts are one of fashion's most basic items, but even with today's popular slim cuts, there's wiggle room to change up the style. That can be pretty important to the kids and teenagers who practically live in them but like to feel that they have something new when they go back to school.

This year's news comes in next-generation graphics, old-school characters and witty or powerful phrases.

"The best and most memorable graphic Ts throughout the years are the ones that capture the pulse of that



time," says Tana Ward, senior vice-president and chief merchandising officer for American Eagle.

Because of the price — and frequency of wear — T-shirt trends also can move quickly because they aren't intended as long-term investment pieces.

"This is an affordable fashion change," says Seventeen fashion director Gina Kelly.

"Graphics are really, really

big in the teenage market, and so is nostalgia," Kelly says.

"At 16, a girl understands irony, and that makes it cool to do some things. You also have T-shirt companies borrowing from the runways like Givenchy, and that's where you'll see space prints, high-fashion prints — and photo-realism prints are definitely big, too."

It's all about image and

messaging, which this generation is very comfortable with, she says. "It's about affirmation on your chest. You are making your statement, whether

you are making fun of designers with a 'Celine as Celfie' shirt or saying you loved Hello Kitty when you were in kindergarten."

The heavily logoed look also is passé, says AE's Ward. "Today, our customer is focused on projecting a personal identity. ... Our girl is also much more aware of the artistic side of graphic design and how it adds texture and interest to her outfit."

Zip! Boom! Pow!

Betsy Zanjani of Forever 21 points to the comics craze — taking note of the pop culture phenomenon that Comic-Con has become — as one of the strongest influences on T-shirts.

• Forever 21 has opened in-store Marvel Comics shops as the retailer noted "an almost cult following of old-school comic strips and vintage action figures," she says. "Things that are vintage and retro are really strong in both our male and female businesses."

All she needs is a circle mini skirt and a pair of printed jeans (two other popular back-to-school items this year), and she is good to go, says Kelly.

THE ASSOCIATED PRESS

Trends Report



- Are you a fan of the Netflix series Orange is the New Black? For this week's Trends Report, I decided to see if orange can be the new black — without it looking like a prison jumpsuit. Go online to see my orange-theme fashion finds and judge for yourself.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @Metroirenk

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Ashley Kowalewski, TheKit.ca



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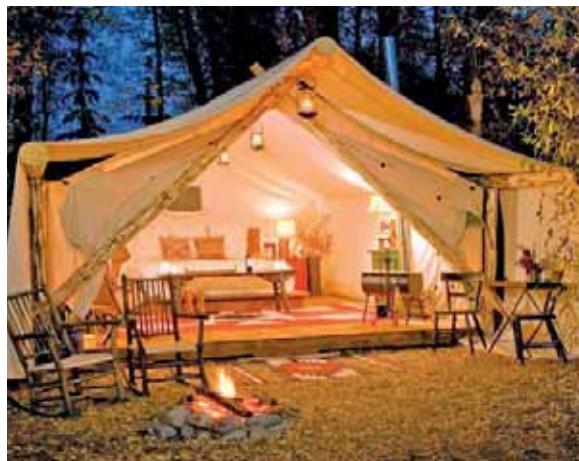
Jeanne Beker
life@metronews.ca



Home at last: My new man! Fresh from Lunenburg #NS Thanks to Ransford Naugler.



Yesterday carpets, today hair colour! Going richer for fall thanks to TO's best colorist Marina Loo #RapunzelHair



There is no definitive glamping experience, with accommodations ranging from simple tents to extravagant stays costing \$10,000. From left: REO Rafting in B.C., Fireside Resort in Wyoming and Clayoquot Wilderness Resort in B.C. CONTRIBUTED

What on yurt is this?

Glamping. Like regular camping's cousin, but with more glitter

 **JESSICA SMITH**
jessica.smith@metronews.ca

You're lying in your tent, a little thirsty.

If you throw on your boots and head to the pot of purified water by the fire pit — you're camping.

If you ring the bell on your bedside table and ask the butler for a wine spritzer — you're glamping.

Glamping — glamorous meets camping — is the kind of vacation that straddles two worlds: The rugged outdoors and keep-your-hands-clean comfort of home.

"The idea started when the British would go down to Africa for safaris and they would have their big luxurious canvas tents, pack a bed," said Ruben Martinez, co-founder of GlampingHub.com. "To the best of our knowledge, that's where the idea started and over the last few years the trend has grown."

Sometimes, the difference between camping and glamping is little: A canvas tent and a real bed, versus nylon and a bedroll. But most anything can be glamping if it's not a traditional house, hotel, RV or cabin and provides immediate access to nature.

"These places keep popping up," Martinez said. "They range from relatively simple tents, tree houses, yurts to the really extravagant."

How extravagant?

"Some of these places have butlers, they have wine service, fantastic views, king-

Metro tries it out

Liz 'n' Liz go glamping

Last week, Metro writers and avid campers Liz Brown and Liz Beddall gave glamping a try with Long Point Eco-Adventures in St. Williams, Ont. Here's what they thought of the experience:

Beddall: Well Liz, we went glamping and survived. Nay — thrived! When's the last time you returned from a wilderness excursion with thoroughly conditioned hair and a belly warm with Pinot Noir?

Brown: Never, Liz. But I've also never set up camp across the road from a winery — Burning Kiln Winery to be exact. But the best perk for me was a flush toilet inside the tent. No more hikes to the outdoor can for me!

Beddall: I felt the pièce de résistance of our stay was the king-sized bed we snoozed in after our Zodiac boat tour and astronomy lesson. The plump pillows were a slight step up from the toilet paper roll I once employed on a canoe trip to cushion my cranium against a bed of rocks.

Brown: What about the



Liz Brown and Liz Beddall toast to the good life on the porch of their wilderness suite with Long Point Eco-Adventures in St. Williams, Ont. Aside from offering visitors luxury accommodations and on-site activities, the facility prides itself on being deeply eco-conscious. LIZ BEEDDALL/METRO

built-in shower? I had some doubts about scrubbing up in the open air, but the stream of steamy water on a cool morning was incredibly refreshing. But enough about the tent, what about the activities?

Beddall: Once we left our tent of wonders, the glamping experience seemingly ceased. Zip-lining high above the Long Point Bay World Biosphere is not, at least for me, a soothing experience. Having those options made me feel less

like I was a traitor to the camping community. You?

Brown: Let's not kid ourselves. We're losing some roughing-it cred by waxing on about glamping. Saying we went zip-lining isn't going to redeem us.

Beddall: You're right. The likelihood of us being ex-communicated from the backwoods brotherhood is high. But Liz, no one can fault us for accepting a pizza delivered directly to our tent, courtesy of local

restaurant Surfside Pizza.

Brown: True. And it's not like hardcore campers come out of the bush looking forward to a homecoming meal of jerky and granola. So, what's the verdict? Are you a glamping convert?

Beddall: Liz, the call of the unvarnished wilderness will always grunt loudly in my ear, but I'll never forget the sweet, siren-song of the ever so decadent Eco-Adventures camp in St. Williams.

sized bed — you name it," he said. "Some of these places can be pretty ridiculous."

One of Canada's most glamorous is the Clayoquot

Wilderness Resort.

"We're in the heart of Clayoquot Sound in the middle of the UNESCO world biosphere," said Katherine Mac-

Rae, director of marketing for the resort. "We're 40 minutes by boat to the closest town and there's no road access."

The all-inclusive resort in-

cludes the seaplane trip from Vancouver, locally sourced five-course meals with wine pairings and activities.

"We have world-class sal-

Exclusively online

Go to metronews.ca for more on glamping:

- See photos of the most glamorous glamping destinations in the world
- Click through an interactive, detailed version of the glamping graphic
- Follow Metro reporters' glamping adventure (in photos)



mon fishing out here, horseback riding is one of our big adventures," said MacRae, adding there's also a spa, hiking, skeet shooting, kayaking, archery, rock climbing and paintball.

MacRae says her resort was the original North American tented safari. An all-inclusive tent for two costs \$9,500 for three nights.

Canada has its fair share of yurts, but glamorous camping is worldwide.

At the Four Seasons Tented Camp Golden Triangle in Thailand, you'll arrive riding an elephant to your tent, which is billed as "reminiscent of 19th-century adventure expeditions with handcrafted furniture, hardwood floors and traditional thatched roofs."

From there, you eat fine Thai dining, go to the spa, swim in one of the pools or go on an excursion.

Prices fluctuate, but three nights for two guests in January 2014 will cost more than \$10,000 for the "superior" tent, more for the "deluxe."

Glamping vs. camping



IRENE
KUAN

irene.kuan@metronews.ca

Trek

One of the appeals of camping may be the journey itself, navigating your way through the woods until you can settle at that perfect spot, far away from civilization but still close enough to get a radio signal. Glamping offers the same experience, but with perks, including a lit pathway, or even a GPS-equipped SUV to get you to your glampsite.



ILLUSTRATION BRICE HALL/FOR METRO

Packing

Campers need to carry everything they need on their back, including their roof, so packing diligently is important. Glampers can relax here, since their lodging is usually fully stocked, so carrying a little extra such as a change of clothes and shoes, and some fun electronics is possible.

Food

You can't call it camping without a classic cookout over a fire, roasting wieners and s'mores, and washing it down with beer. Just remember to string your food up in a tree, unless you want a late-night visitor. Glamping takes the hands-off approach — there's concierge service, fine dining and wining, and even late-night pizza delivery.

Bathroom

Campers, don't forget a mini-shovel and a roll of TP, unless you want to use leaves ... just try to avoid the poison ivy. Glamping accommodations can come equipped with working toilets and running hot showers, either on the site, or close by so you never have to dig a hole to do your business.

Oh Gadd: Silly glampers, heels are for cities

Glamping may seem like a good idea to some, but to an expert camper it's a "silly" idea.

Ben Gadd, naturalist, geologist and author of the Canadian Hiker's and Backpacker's Handbook, is an expert in helping ordinary people experience the wilderness.

He was a guide at Jasper National Park in Alberta for more than 30 years and glamping doesn't impress him at all.

"I think glamping sounds quite silly, but fun," said Gadd.

"It's as if you're taking the most extreme elements of

city life, like high heels and glasses of wine, and you're taking that into the situation where we lived as hunter-gatherers.

"It seems to me almost a spoof. I couldn't take it seriously. I don't know how it would have some sort of benefit to you."

Asked why people from the cities go into the wilderness, Gadd says: "It's because, I think, that's where we come from."

"Our species grew up in the wilderness and, like any other organism, we search out the environment in which we're most likely to prosper.

"Any creature knows that instinctively."

If people want to try serious camping, the Alpine Club of Canada has a network of groups, events and mountain huts to help. Visit alpineclubofcanada.ca for information. MIKE DONACHIE/METRO



Ben Gadd CONTRIBUTED

Holy easy to make guacamole!



ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman

There is nothing more delicious than homemade guacamole.

The key is finding a ripe avocado for the delicate texture and flavour.

Store unripe avocados in a paper bag, but don't refrigerate them.

1. Combine the avocado, cilantro, tomatoes, mayonnaise, jalapeño, garlic, lemon juice, and salt and pepper in a small bowl.

2. Serve with crackers, crudités or as a garnish.

Guac facts

- **Prep.** This recipe takes only 10 minutes to put together.
- **Make ahead.** Make a couple of hours before serving. Too early and the avocado will brown.
- **Nutrition information per serving (1 tbsp/15 ml).** 19 calories, 0.17 g protein, 0.9 g carbohydrates, 0.5 g fibre, 1.8 g total fat, 0.3 saturated fat, 0 mg cholesterol, 45 mg sodium

Ingredients

- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1/3 cup finely diced tomatoes
- 1 tbsp light mayonnaise (50% reduced)
- 1 tsp finely chopped jalapeno
- 1/2 tsp/2 1/2 ml pepper (or 1/2 tsp/2 1/2 ml hot chili sauce)
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper



This recipe makes **2/3 cup (160 ml).** COURTESY ROSE REISMAN



Turkey Tacos

1. In a large mixing bowl combine the shredded lettuce, carrot matchsticks, chopped cilantro, olive oil, lime juice, and salt and pepper to taste.

2. Lay out tortillas and divide mixture among tortillas; top with turkey breast strips. Fold

Ingredients

- 125 ml (1/2 cup) lettuce, shredded
- 60 ml (1/4 cup) carrots, cut into matchsticks
- 15 ml (1 tbsp) cilantro, finely chopped
- 30 ml (2 tbsp) extra virgin olive oil
- Juice of one lime
- Salt and pepper, to taste
- 4 soft corn tortillas
- 5 slices Piller's Simply Free Roasted Turkey Breast, cut into strips

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Chef Grant van Ganssen added Buffalo-style fried calamari sandwich Pochetta & Gru in TO.



Every Saturday, this awesome little sandwich shop makes incredible specials that change frequently. The squid is by far one of my favourites comes thus far! Sweet, spicy, smoky and fried. Yum!

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metro

BACK TO SCHOOL

Thursday, August 15, 2013



Model good reading habits for your children and continue reading to your kids even after they can read on their own. JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

The early bookworm gets the grades

MICHELLE WILLIAMS
For Metro

Not every child is a born reader, but there are ways to encourage your child to become a good reader.

Start by letting them read what they enjoy.

"Your child will be most engaged when you discover reading materials that interest them," said Halton (Ontario) District School Board elementary school teacher

Kevin Foster. "It doesn't have to be standard reading material. Comic books, graphic novels and magazines all have great text features that tie in to the visuals for easier comprehension."

Head to the library or bookstore together and discover subjects they enjoy reading about, then be sure to have those books or reading materials on hand.

Be sure that the level is appropriate by previewing what they read.

Easier comprehension

"It doesn't have to be standard reading material. Comic books, graphic novels and magazines all have great text features that tie in to the visuals for easier comprehension."

Kevin Foster, Halton (Ontario) District School Board elementary school teacher

"If it's too difficult, kids get frustrated and disengage," Foster said.

He suggests the "five-finger rule" — if there are more than five words your child is

struggling with on the page, then the book may be too difficult for them.

Think outside the printed page.

"Kids who are spending

time on a computer are often getting in lots of reading online," Foster said. "There are all sorts of cool websites that will engage young readers."

You can also take it outside — read things together like menus, road signs and licence plates.

"Let kids experience reading in many different ways and settings."

Model good reading habits for your children. Read a lot yourself and continue reading to your kids even after

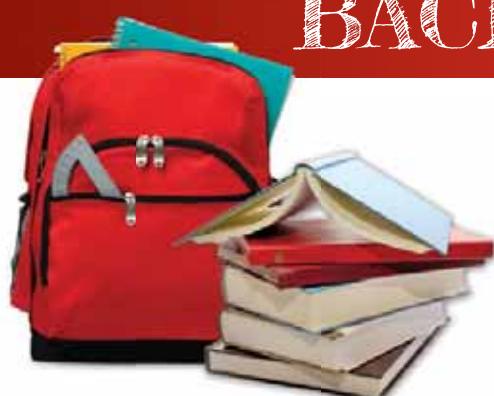
they can read on their own.

"It's important to demonstrate great fluency, intonation and expression so they see that reading is more than decoding words," Foster said.

Remember to stop and ask questions.

"It's a great way to make deeper connections with their past experiences and to check their comprehension."

Finally, set aside some quiet time for reading to foster independence, as well as reading skills.



BACK TO SCHOOL BARGAINS

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MICHELLE WILLIAMS
For Metro

Have you ever thought about home-schooling? Here is how one Canadian mom goes about educating her family and why she does it.

Home-schooling may evoke visions of your kids sitting at the kitchen table while mom stands in front teaching a lesson. But for most of the thousands of Canadian kids who are home-schooled, that's not the reality, says Judy Arnall, a Calgary mother, author and speaker, who has homeschooled all five of her children and is writing a book on the subject.

"One myth is that parents think you're spending six hours a day sitting with the kids doing class work," Arnall said. "Most home-schooling

parents spend little or no time doing this. The goal as a home-schooling parent is to make sure your kids learn and have fun. We like to think of the world as our classroom."

So how do they spend their day?

"At breakfast, we decide what we're going to do. It might be visiting a museum or zoo, socializing with other home-schooling families, spending time on the computer, drawing, reading books or preparing meals together. We're learning in every environment because kids are learning all the time."

Research shows that kids who are home-schooled flourish. Three of Arnall's children are now doing well at university. She believes there are no negatives when it comes to home-schooling children.

On the home front, the In-



Computers and the Internet have certainly made the task of home-schooling easier. iSTOCKPHOTO/THINKSTOCK

ternet has certainly made the task of home-schooling easier.

"There's so much information available online for parents to access. And kids love using the computer to learn."

Besides provincial curricu-

lum links that parents can access, there are many other ways to teach and learn online.

And what about the social aspect of home-schooling?

"I think this is a bigger challenge for families with

one child. But joining a home-school group is a great way for the kids to learn and have fun together."

If you are considering home-schooling, take it a year at a time, says Arnall.

"Try it and see. Your kids can always go back to school if it's not for you. They won't miss out. The time spent with you is enriching and it builds their confidence and love of learning."



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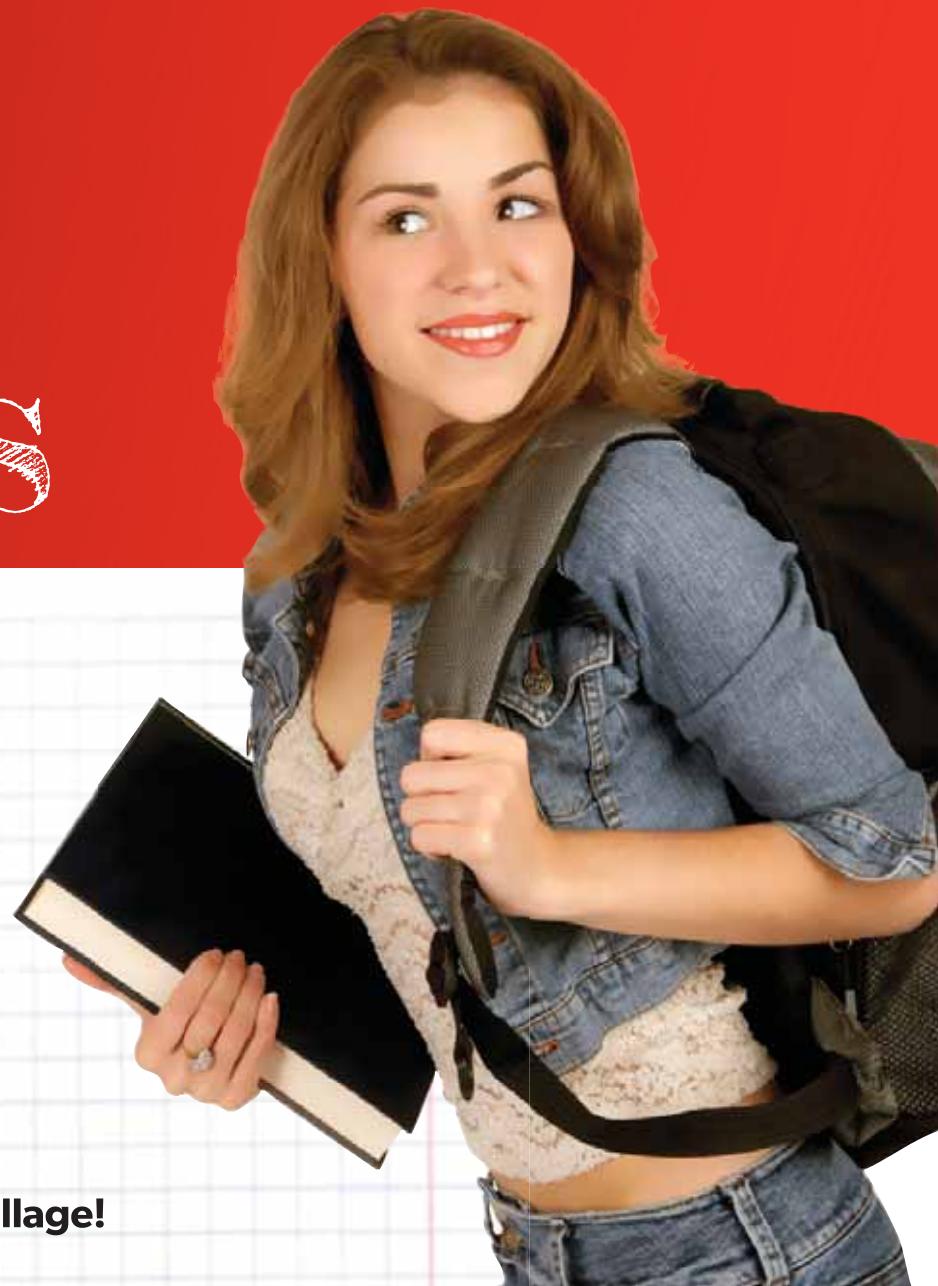
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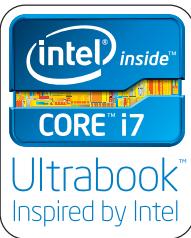
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Pack your books in style

MICHELLE
WILLIAMS
For Metro

Backpacks are an integral part of going back to school. The students in your family will look forward to walking the halls with one of these new backpacks that are functional as well as good looking.

Mountain Equipment Co-op MEC Book Bag is colourful and great looking, perfect for your dazzling student. Plus, it's super sturdy to last and comes in a great range of colours. (\$42, mec.ca).

New Balance Performance Backpack is strong and versatile, with cushioned shoulder straps, a shoe tunnel, tons of storage and room for your laptop. (\$69.99, futureshop.ca).

Roxy Junior Fresh Press Backpack lets girls show off their fresh style and rocks interior organization, making it perfect for carrying books and more. (\$44, sportinglife.ca).

Littlelife Adventurer Day-sack is perfect for younger



students. It comes with a 40-page drawing pad and a clear front pocket for showcasing artwork. (\$31, mec.ca).

Dabbawalla Monkey Backpack is sized and designed for preschoolers, just right for carrying lunch and gear to school, day trips and overnight adventures. (\$45, sportinglife.ca).

Puma Laptop Backpack keeps your laptop or tablet safe as you travel with a fleece-lined sleeve, EVA-

Mountain Equipment Co-op MEC Book Bag, top, \$42, Littlelife Adventurer Daysack, left, \$31, both available at mec.ca.

structured padding to absorb shock and a polycarbonate shell. (\$119.99, futureshop.ca).

Herschel Pop Quiz Camo Backpack is cool for boys with plenty of organizers, sturdy design and fleece-lined pockets for a laptop or tablet and sunglasses. (\$69.99, sportinglife.ca).

The North Face Serge II in four colours has all the bells and whistles, including moulded and padded shoulder straps, back support, laptop compartment, tablet sleeve, organization compartments and more. (\$139.99, sportinglife.ca).

High-tech back-to-school tools

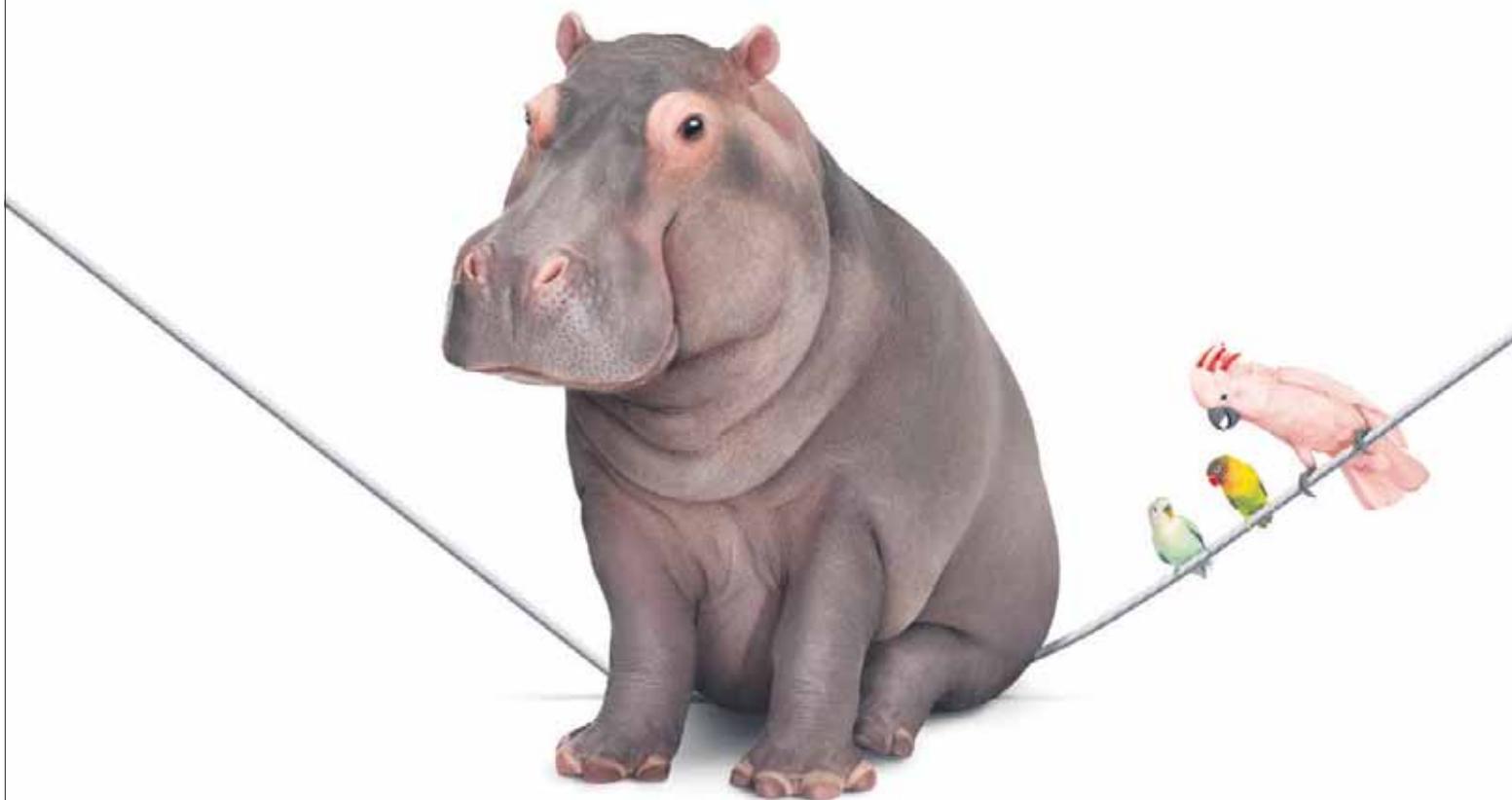


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5919 91 St
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141 Century Crossing

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20 Muir Dr
Stony Plain
82 Boulder Blvd

Ikea's upscale collection a winner

Affordable Stockholm design launched this week



Every three years mass market furnishings retailer, Ikea, introduces a much anticipated upscale collection of furnishing and home accessories.

This year, the coveted Stockholm Collection is introduced in limited quantities to the 325 stores in 40 countries around the world, bringing high-design at still very affordable prices.

With trends emerging like walnut wood furnishing, Kelly green and citrus yellow colours, it looks like this special collection will be on-trend for a long time.

Look for this special (and very well-priced) quality collection in the five million Ikea catalogues delivered this week to homes across Canada or in your local store. Here's a sneak peek and a few of my favourites:

Dining room

Walnut wood is predicted to be the "next big wood" in home decor. The walnut wood used in the Stockholm Collection is actually Canadian walnut wood veneers.



Living room

Medium walnut wood tones and pops of yellow and green are on trend in the Stockholm Collection, introduced every three years at Ikea.



Table

The big family table is back! Eight feet of Canadian walnut takes mid-century modern good looks into the future.

Stockholm Dining Table, \$699.



Rug

Take the three most favourite trend colours (grey, brown and green) and blend them together to incorporate past, current and future trend colours onto the floor.

Stockholm Striped Wool Rug, \$299.



Vase

Colourful blown glass to wake up your tables; three down the centre of a table would have real impact. Just add flowers!

Stockholm Vase 20, \$49.99.



Mirror

Illusions of depth give you varied perspective when looking through the angled walnut frame.

Stockholm Mirror 80, \$99.



Chair

At the table or in a corner; solid & comfortable in this year's best colour (also available in natural walnut).

Stockholm Chair Green, \$149.



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page for that
in the new
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Tennis

Raonic stands tall, compatriots fall

Milos Raonic advanced to the third round of the Western & Southern Open on the same day fellow Canadians Vasek Pospisil and Eugenie Bouchard were knocked out.

The 12th-seeded Raonic beat Janko Tipsarevic in straight sets, 6-4, 7-6 (4) on Wednesday. It's his third win in as many tries over Tipsarevic.

Raonic will face American John Isner next. Isner won their only other match in the Toronto quarter-finals a year ago.

Pospisil, ranked 40th in the world, was upset 7-5, 1-6, 7-6 (6) by Belgian qualifier David Goffin, who's ranked 80th.

Bouchard will get some rest after putting a scare into world No. 1 Serena Williams. Bouchard won the first set before Williams asserted herself in a 4-6, 6-2, 6-2 victory.

THE CANADIAN PRESS

NHL

NBA owner to buy Devils: Source

A person familiar with the negotiations says Philadelphia 76ers owner Josh Harris will add the NHL's New Jersey Devils and the lease to their arena to his portfolio Thursday.

Attorneys for both sides were putting the final touches on the deal Wednesday that would allow Jeff Vanderbeek to sell his majority ownership to Harris, said the person, who asked not to be identified because neither party had announced the deal. THE ASSOCIATED PRESS



Blue Jays stretched to the limit in extra-inning win

The Blue Jays' Kevin Pillar, who was called up after the team traded Emilio Bonifacio, makes a diving catch off a ball hit by Jonny Gomes as he makes his major-league debut against the Red Sox in Toronto on Wednesday. The Jays walked off with a 4-3 win in the 10th inning. NATHAN DENETTE/THE CANADIAN PRESS

Oilers hope going Green is the answer

NHL. Club bolsters scouting department with hire of former Oil Kings general manager

Despite landing NCAA free agent Justin Schultz a year ago, the Edmonton Oilers weren't satisfied with their track record in the college market.

So on Wednesday they announced the hiring of Bob Green as director of amateur free-agent scouting. The former general manager of the WHL's Edmonton Oil Kings

will mostly be responsible for recruiting NCAA and CHL players.

"Even though it's the NHL, you've still got to recruit," Green said. "The high-end free agents that you're chasing after have a lot of interest from other teams, so you've got to have a good story to tell about Edmonton and the Oilers and you've got to be able to attract those guys and get them there. It's one thing to find them based on ability, it's another thing getting them here."

Stu MacGregor remains head of amateur scouting, something general manager

On his résumé

Bob Green, the WHL's executive of the year in 2011-12 and 2012-13, had been Oil Kings GM for the past six seasons. The Oil Kings won the WHL in 2011-12 and advanced to the Memorial Cup.

Craig MacTavish emphasized after the team's initial press release called Green the team's director of amateur and free-agent scouting.

MacTavish called it a "coup" for the organization to hire

Green for this role.

"There are a lot of people that slip through the draft and give us further opportunity," MacTavish said. "To have a guy with Bob's credibility in the CHL, that'll be able to open the doors and really enhance our ability to attract and sign very good players coming in to our organization."

The 52-year-old called returning to his passion of scouting an opportunity that was too good to turn down.

"It's easier to leave after you've had success than if you haven't," Green said.

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SPORTS

Horoscopes

Aries

March 21 - April 20

If you start your day early and finish it late, you will get through ten tasks to every one your rivals manage to complete. Your momentum will keep you going through tomorrow and into the weekend.

Taurus

April 21 - May 21

You seem to be torn between options, unable to decide which is the best route. Sit quietly for a few minutes and let your intuition guide you. Deep down you already know what the answer is.

Gemini

May 22 - June 21

Ignore those who say you are going to fail, they don't know what they are talking about. Equally likely is that they fear your efforts will bring you huge success, making them look bad. Good — go for it!

Cancer

June 22 - July 23

You don't have to face a tough situation alone today. You have friends all around you. All you have to do is reach out to them and they will gladly assist.

Leo

July 24 - Aug. 23

With Mercury in your sign linked to genius planet Uranus, you will come up with ideas that could change the world. Even if you don't want to go that far, you can certainly change your life for the better.

Virgo

Aug. 24 - Sept. 23

The next 24 hours may be a bit too noisy for your tastes but you will get through it OK. Instead of trying to avoid loud people why not, for a short time, get loud yourself.

Libra

Sept. 24 - Oct. 23

Do what makes you feel good, rather than what makes others feel good. You have every right to pursue your own happiness and prosperity. Anyone who tells you otherwise is a fool.

Scorpio

Oct. 24 - Nov. 22

Changes in your career or social life may make it difficult to plan ahead but that is not a bad thing. Today's Mercury-Uranus link will throw up an unexpected opportunity. Grab it with both hands.

Sagittarius

Nov. 23 - Dec. 21

Sometimes it's OK to get angry. In fact, if someone annoys or provokes you today you must let them know about it in up-front terms. Some people, sadly, are simply too dim to learn any other way.

Capricorn

Dec. 22 - Jan. 20

The best cure for doubt is action, so throw yourself at what you have to do today and forget everything else, at least for a while. You will find that what you have been worrying about is of no concern.

Aquarius

Jan. 21 - Feb. 19

You may look cool and calm to the world at large but deep down you are actually a sensitive person and you must not try to deny it. Let your passion drive your actions.

Pisces

Feb. 20 - March 20

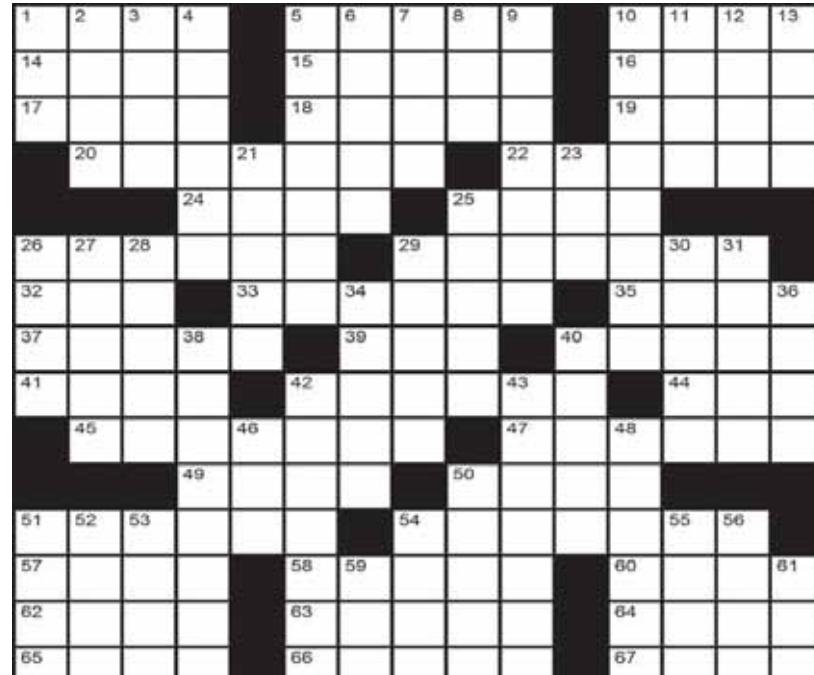
Open your mind to new possibilities, especially where money and related matters are concerned. Your instincts will guide you in the right direction.

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Crossword: Canada Across and Down

Across

1. Alphabet sequence
5. Military doc
10. Person, place or thing
14. __ mortals
15. Andrew Lloyd Webber musical
16. Competent
17. Regrettably
18. " __ ' In": Wings song that goes "Someone's knockin' at the door."
19. Canadian hardware store
20. "Danny's Song" by Loggins and __
22. Belovedly win over
24. Superlative suffix
25. Move like a river
26. Art stands
29. Hybrid pastries currently a craze
32. Understood
33. Cowboy's prop
35. Dubai, United __ Emirates
37. Canadian actor Paul
39. Prince Valiant's son
40. Talk in a monotone
41. Colonnade of ancient Greek architecture
42. Machu __ (Inca archaeological site)



44. Stage actress Ms. Hagen

45. Toronto-born actress Ms. Watson

46. Prince Valiant's son

47. 2009 James Cameron movie

48. Vegetable variety

49. Dish of the day, __ du jour

50. Keep your cool:

2 wds.

54. cheese sandwich

57. __ the crack of dawn: 2 wds.

58. Detached in manner

60. Land amount

62. Ms. Remini

63. #10 Down's expression: "Doot __ Doot Doo..."

64. Certain carpet

65. Mr. Affleck's

66. County in England

67. "No Particular Place __" by Chuck Berry

68. Land amount

69. Ms. Von Teese

70. 'Meteor' suffix

71. Realm of Arthurian legend

72. Interviewer, __ the Human Serviette

of Wrath'

4. Brit singer, __ J

5. "Canadian Idol"

Season 3 winner Ms. O'Neil

6. Function

7. Ms. Von Teese

8. 'Meteor' suffix

55. Bon __ Provincial Park, ON

56. Pull along

59. 'L' in L.A.

61. Identity part

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Weather

TODAY

MAX: 27°
MIN: 17°

FRIDAY

MAX: 25°
MIN: 15°

SATURDAY

MAX: 28°
MIN: 16°MICHELE MCDOUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	8	2	7	5	6	3	9	4
6	5	4	9	3	1	2	7	8
3	9	7	8	4	2	5	1	6
2	3	6	5	9	7	8	4	1
5	7	1	2	8	4	9	6	3
8	4	9	6	1	3	7	2	5
4	1	5	3	2	9	6	8	7
7	2	3	4	6	8	1	5	9
9	6	8	1	7	5	4	3	2

		7	4
6	8		7
2	9	7	
8		7	4
3			9
7	8	1	
2			9
4	6	2	
3	5		3

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